

# 2019 Ad Due Dates and Issue Themes

# EXPERIENCE LIFE

**JANUARY/FEBRUARY ▶ “Raise the Bar”** Reaching your personal best requires wisdom and guidance to avoid setbacks. Get the tools and the inspiration you need to reach new heights in 2019.

Ad Space Reserved: 10/25/18  
Ads Due: 10/31/18

On Newsstands By: 12/18/18  
In Homes: 12/20/18 — 12/26/18

**MARCH ▶ “Healthy Work”** Discover self-care strategies that can transform the 9-to-5 into a more meaningful, rewarding part of your day. Plus, explore ways to make your time outside of work more relaxing and fulfilling.

Ad Space Reserved: 12/20/18  
Ads Due: 12/26/18

On Newsstands By: 2/12/19  
In Homes: 2/21/19 — 2/26/19

**APRIL ▶ “Think Big, Start Small”** Big-picture thinking is essential for goal setting, but it’s often the tiny efforts and successes that truly move you forward. Learn how small changes can have a big impact on your life and the lives of those around you.

Ad Space Reserved: 1/17/19  
Ads Due: 1/23/19

On Newsstands By: 3/12/19  
In Homes: 3/21/19 — 3/26/19

**MAY ▶ “The Food Issue”** Food is a basic necessity for overall health, yet maintaining good nutrition in a society where processed foods abound is tough. Find out how you can make healthy-eating choices the norm in spite of the challenges.

Ad Space Reserved: 2/21/19  
Ads Due: 2/27/19

On Newsstands By: 4/16/19  
In Homes: 4/18/19 — 4/23/19

**JUNE ▶ “Take a Chance”** It’s easy to fall into routines that feel safe and comfortable, but complacency will take you only so far. Explore ways to move outside your comfort zone — in the gym, the kitchen, the great outdoors, and everywhere else.

Ad Space Reserved: 3/28/19  
Ads Due: 4/3/19

On Newsstands By: 5/21/19  
In Homes: 5/23/19 — 5/28/19

**JULY/AUGUST ▶ “Unplug”** The fast pace of daily life extends right into summer, the time of year when we want freedom and relaxation to reign. Reclaim these glorious days by slowing down, unplugging, and making joy a priority.

Ad Space Reserved: 4/25/19  
Ads Due: 5/1/19

On Newsstands By: 6/18/19  
In Homes: 6/20/19 — 6/25/19

**SEPTEMBER ▶ “Get Creative”** Settling back into the schedule of fall doesn’t mean your days need to be routine. Instead, find creative ways to make variety, fun, and exploration central parts of your daily life.

Ad Space Reserved: 6/20/19  
Ads Due: 6/26/19

On Newsstands By: 8/13/19  
In Homes: 8/15/19 — 8/20/19

**OCTOBER ▶ “Take the Long View”** We live in an age when short-term tactics often take precedence over more enduring strategies. Discover the power and wisdom of a deeper, more optimistic approach to the challenges we face.

Ad Space Reserved: 7/25/19  
Ads Due: 7/31/19

On Newsstands By: 9/17/19  
In Homes: 9/19/19 — 9/24/19

**NOVEMBER ▶ “Finding Purpose”** Research shows that living with meaning and purpose matter more than happiness when it comes to real fulfillment. Learn how to identify the values and experiences that can help you lead your most satisfying life.

Ad Space Reserved: 8/29/19  
Ads Due: 9/4/19

On Newsstands By: 10/22/19  
In Homes: 10/24/19 — 10/29/19

**DECEMBER ▶ “Reasons to Celebrate”** Take some time to recognize all you’ve accomplished this year. Obstacles and all, you’ve learned a lot along the way — and that’s worth celebrating in this season of connection and reflection.

Ad Space Reserved: 9/26/19  
Ads Due: 10/2/19

On Newsstands By: 11/19/19  
In Homes: 11/21/19 — 11/26/19

