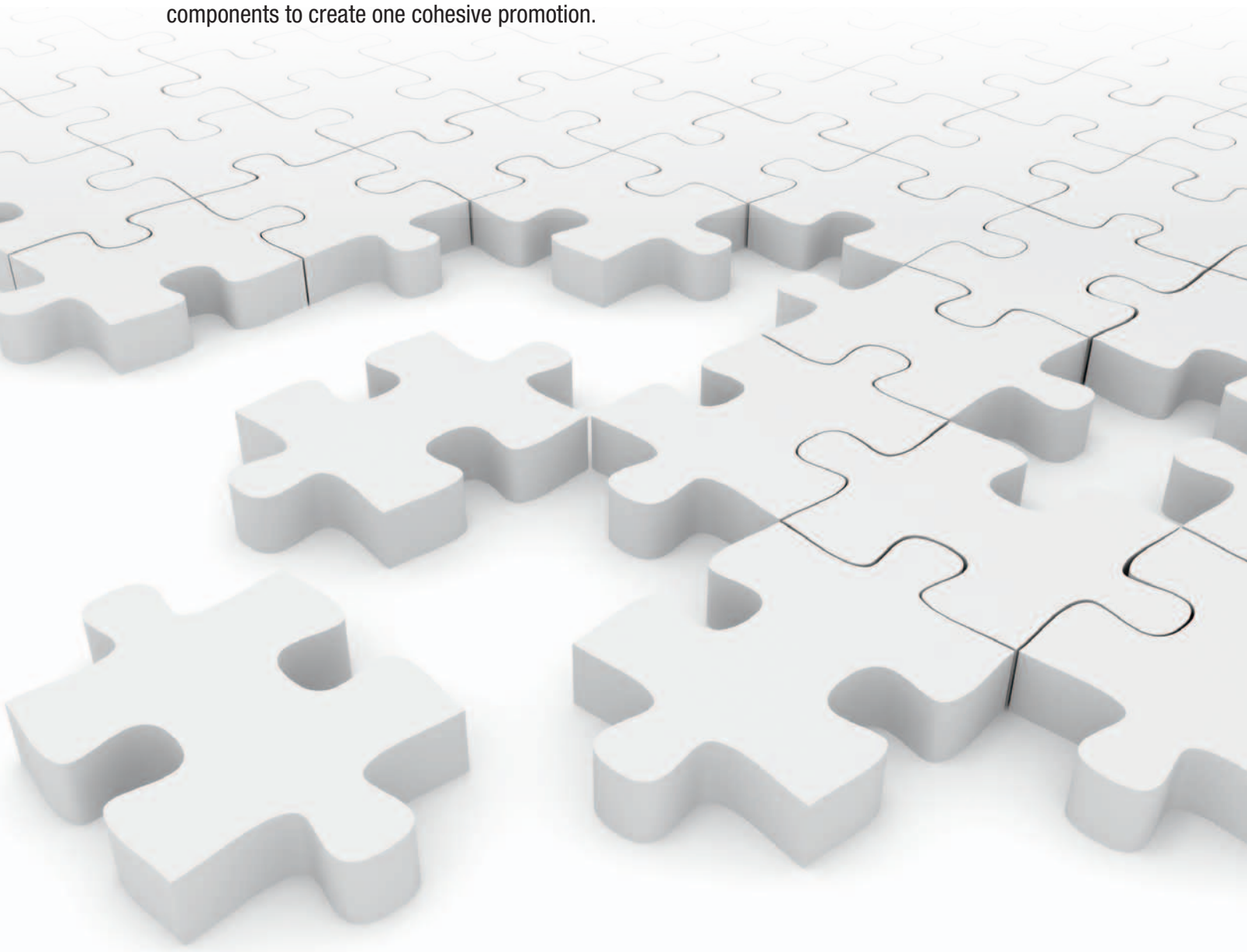


WANT TO BRING ALL THE PIECES TOGETHER?

With 12 months to tell a story and share every detail, a custom calendar is the perfect fit when two or more advertisers want to join forces for one campaign.

Share inspiring stories to encourage donations. Or feature co-branded coupons that build repeat business every month of the year. With the flexibility of a custom calendar, you can piece together many individual components to create one cohesive promotion.



Health + Wellness

- Keep a low-calorie diet to maintain good health as you age, eat only when you are hungry, and consume foods that are fresh or cooked in a way that maintains their nutritional content, also, a diet too high in carbohydrates may increase glucose levels.
- Consume four or five small meals daily, rather than fewer than three larger ones. Consume steam-distilled water and drink often when you don't feel thirsty—your body needs plenty of water.
- Include garlic, onion, white mushrooms and seaweed in your diet.
- Cut back on salt.
- Avoid caffeine, red meat, saturated fats, white flour, white sugar, food additives, pesticides, and tap water.
- Exercise regularly—Exercise is most important in slowing the aging process because it increases the amount of oxygen available to body tissues, a key determinant of energy and stamina; exercise can ward off conditions such as arthritis, cardiovascular disease, diabetes, osteoporosis, and depression.
- Allow yourself sufficient sleep.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Mother's Day	15	16	17	18	19	20
	21	22	23	24	25	26
	27	28	29	30	31	May 20--

Spring into Savings
BUY 1 GET ONE FREE
 Buy the second item at 50% off (excludes alcohol)

Spring into Savings
\$3 OFF
 Buy the second item at 50% off (excludes alcohol)

GETTING STARTED

We make it easy to create a cohesive promotion involving more than one advertiser/brand. For example:

- A charity and corporation team up for a cause marketing campaign that raises funds and builds goodwill.
- A grocery store's coupon calendar features savings on popular brands plus recipes including those ingredients.
- An organization uses an "on-pack" return mailer on its calendar to solicit new members; the calendar's back page promotes the organization's corporate sponsors.



DESIGNING YOUR CALENDAR

- Our creative department can incorporate logos, company colors, and other brand elements into every month of the calendar.
- Any digital photographs you supply need to be 300 ppi (pixels per inch) at the size the image will print at. If you're using a digital camera, it needs to be set at 300 ppi. If the camera doesn't give you this option, set it on "high quality" or your camera's equivalent.
- We can provide image scanning for an additional cost per image.



PRODUCING YOUR CALENDAR

- Once we receive all your artwork we'll create a pre-production proof, which takes approximately 8 business days.
- Next, we'll send the proof to you for your approval.
- After you approve and return the proof to us, we'll move your calendar into production. The production of your calendar will take approximately 11 business days.
- We have several options for shipping your calendars:
 - Ship to one location.
 - Ship to multiple sites/office locations.
 - Mail to customers or employees in plain or gift envelopes.