

# Circulation

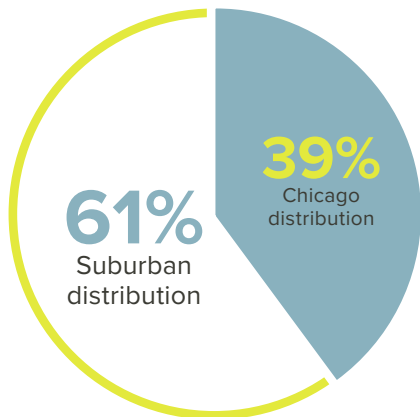
*Chicago Health* has a semi-annual print run of 75,000 copies, using four major distribution channels:

**Demographic Targeting:** 55,000 copies are placed in waiting rooms of approximately 4,000 physician offices, health clinics, fitness clubs, community centers and senior residential properties.

**Industry Leaders:** 8,000 copies of *Chicago Health* are sent to area healthcare professionals, discharge planners and social workers who influence the selection of services for patients.

**Direct Residential:** 8,000 copies are made available within more than 550 lakefront condominiums and co-op buildings.

**Digital Edition:** E-mailed to 5,000 health conscious readers throughout Chicagoland and beyond.



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