



MELVA ARMSTRONG, Publisher/Editor
PO Box 278 • Kamsack, SK • SOA 1S0
Call (306) 542-3616 Text (306) 590-8246
Email: advertising@wholife.com
www.wholife.com

REVISED JUNE 2026

Reach the health, wellness, and wholistic markets in Saskatchewan...

Advertising in *WHOLiFE Journal* has been successful for many of our clients with products, services, and events which appeal to people who realize the importance of health and wellness in their daily lives. Our readers are self-aware, open to new and innovative solutions and ideas, and have spending patterns that reflect the priority they place on taking care of the body, mind, and spirit—*naturally!*

WHOLiFE is a 32-page journal. 10,000 copies of each issue are **freely distributed** throughout the province and elsewhere at outlets frequented by our target market, including health food stores, bookstores, cafés, health centres, chiropractic and massage clinics, professional offices, galleries, and libraries. We also have a growing list of subscribers.

In *WHOLiFE Journal*, readers find **wholistic and health-conscious information** on interesting people, places, products, practices, and services in Saskatchewan and elsewhere. The magazine is published **quarterly** and it is full of fresh and thought-provoking articles and columns, a calendar of events, book reviews, a directory of services, and classifieds—all related to achieving wellness of the body, mind, and spirit. A highlight of each issue is the **valuable information from a diverse group of wholistic and health-related advertisers.**

WHOLiFE has a unique focus. “*WHOLiFE* provides a link in the community for all those who have a common goal of good health and well-being,” says Melva Armstrong, Publisher. “We provide interested people with access to wellness resources and those providing products and services with an opportunity to make themselves known. From all indications, readers and advertisers alike are finding the *Journal* to be a **valuable means of communication, education, and support.**”

We are growing, too. Our website www.wholife.com is now available for you to get your advertising message **and more** onto “the web” with global access. Our upgraded site, with current classifieds, calendar, profiles, and directory listings, informative articles, and valuable wholistic links, is now integrated with the printed *Journal*, ensuring frequent hits by those you want to reach.

Deadline and Release Dates

Winter Issue Booking Deadline: November 8th	Street Date: first week of December
Spring Issue Booking Deadline: February 8th	Street Date: first week of March
Summer Issue Booking Deadline: May 8th	Street Date: first week of June
Fall Issue Booking Deadline: August 8th	Street Date: first week of September

For further information and bookings contact

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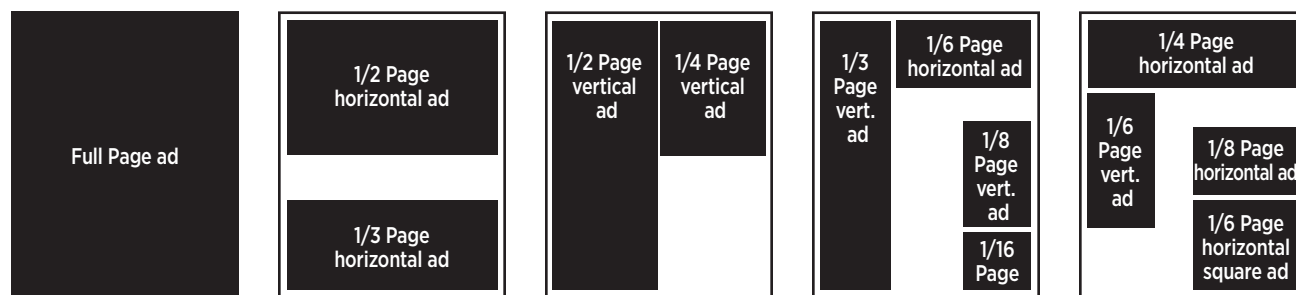
Display Advertising Rates

All prices below are for finished digital ads.
 Prices do not include typesetting or design changes.
 Please add GST to rates below.

Effective June 2, 2026

AD TYPE	SIZE	1X	2X	4X
Full Page*	8.125" x 10.25"	\$650	\$585	\$520
Half Page Horizontal	7.12" x 4.73"	\$400	\$360	\$320
Half Page Vertical	3.5" x 9.6"	\$400	\$360	\$320
Third Page Horizontal	7.12" x 3.14"	\$300	\$270	\$240
Third Page Vertical	2.3" x 9.6"	\$300	\$270	\$240
Quarter Page Horizontal	7.12" x 2.3"	\$250	\$225	\$200
Quarter Page Vertical	3.5" x 4.73"	\$250	\$225	\$200
Sixth Page Horizontal Square	3.5" x 3.14"	\$175	\$158	\$140
Sixth Page Horizontal	4.7" x 2.3"	\$175	\$158	\$140
Sixth Page Vertical	2.3" x 4.74"	\$175	\$158	\$140
Eighth Page Horizontal	3.5" x 2.3"	\$125	\$113	\$100
Eighth Page Vertical	2.3" x 3.5"	\$125	\$113	\$100
Sixteenth Page Horizontal	2.3" x 1.7"	\$70	\$63	\$56

***Full Page ad size—page (trim) size is 8.125" x 10.25". Keep all text and important information inside the 'live area' (0.5" inside page size). Add 0.25" bleed on all sides—final file size with bleed is 8.625" x 10.75".**



The above display advertising rates apply if a digital ad at the specified size is provided by the advertiser. Otherwise, a set-up fee will apply (ask for quote). Display advertisers are responsible for proofreading and approving ad copy prior to publication. *WHOLife Journal* will not be responsible for errors. Changes to copy requested after approval of ad proof will be billed extra.

- Outside Back Cover — add 30%
- Inside Front or Inside Back Cover — add 15%
- Preferred Placement Request — add 15%

PAYMENT IS DUE UPON SUBMISSION OF ADVERTISEMENT AT DEADLINE DATE.
SERVICE CHARGE FOR N.S.F. CHEQUES IS \$25.00.
PROFESSIONAL AD DESIGN AND ARTWORK ARE AVAILABLE. ASK FOR QUOTATION.