

## Focus on Healthy Aging

Focus on Healthy Aging is a monthly 8-page newsletter from Mt. Sinai's School of Medicine that is a well-regarded guide for health-conscious readers seeking healthy choices in their middle age years and beyond. The newsletters focus is to help its readers achieve a long, healthy, and vigorous life, with reports on the newest and best tools of healthy aging. From tamoxifen to prevent breast cancer...to dietary changes that lower cholesterol..to exercises that prove to be beneficial even to people past 90 its content is written for the mature audience. This reader-friendly newsletter provides reliable information on today's health and medical news.

<b>Gender:</b> 58% Female/36% Male	<b>Source:</b> 100% Direct Mail
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 Homeowners, Well-educated

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