



(Updated 8/2023)

Harvard Health Letter

Harvard Health Letter covers a wide range of health issues from diet and exercise to preventive medicine and treatment options. This newsletter has been published for a total of 30 years and written for a lay audience rather than the medical professional. The newsletter covers a broad range of important health topics, including cardiac health, alzheimer's disease, depression, alternative therapies, and much more. Readers learn how to spot medical problems early; how to ward off illness and gain a better understanding of how the body works. These well-educated and affluent subscribers are avid readers and proven direct mail buyers.

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