



(Updated 8/2023)

## Women's Health Advisor

Women's Health Advisor is a monthly newsletter from The Center for Women's Healthcare at Cornell University Medical College, published by Belvoir Media Group LLC. This reader-friendly newsletter is written for the health-conscious woman, providing reliable, trustworthy information on health related topics such as new medicines and latest procedures specific to women over 40, helping then make informed health decisions. Each issue covers topics such as heart attack prevention, breast cancer detection, the HRT controversary, diet and exercise recommendations, ways to prevent osteoarthritis, lower cholesterol and less stress. The newsletter reaches direct mail responsive, health-conscious women with an average age of 50 and an average HHI of \$55k.

Gender: Source:

92% Female 100% Direct Mail

## Counts and Rates:

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