

Mind, Body and Soul



Publication Date:
Sunday 29th November 2015

Think back to when you last had a big belly laugh. Did you think happy thoughts? Did your body feel relaxed? We all know that when the mind, body and soul work together we experience wellness. Research shows that a sense of well being arises when our physical, mental and spiritual parts all work in unison.

Mind, body and soul is a special report that will publish inside S magazine on Sunday 29th November giving our readers valuable insights on how to achieve this wellbeing that is so important given the hectic lifestyle of today.

If your business specializes in products and services that helps create this well-being, then advertising in this special report would be an ideal platform to present to a large and discerning audience.

Why Advertise?

- Close to 9-in-10 (624,000) Sun-Herald readers indicate they are taking steps to stay healthy in the future.
- 12,000 Sun Herald readers have used alternative health services in the past month (such as acupuncture, chiro etc)
- 2-in-3 (456,000) Sun Herald readers say they try to get nutrition right at every meal.
- 8-in-10 (565,000) readers indicate that they believe mental health is one of the major challenges facing Australia today

Deadlines

Booking: Friday 25th November

Material: Wednesday 25th November

For advertising enquires or more information, please contact:

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*All space is subject to availability.
Early bookings are highly recommended.*