



## Rx for Healthy Lifestyles

**Available to 14+ million USA Homes**  
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**Rx for Healthy Lifestyles** airs:

Sundays: 2:30 pm (EST) 1:30 pm (CST)  
12:30 pm (MST) 11:30 am (PST)

Sundays: 1:00 am (EST) 12:00 am (CST)  
11:00 pm (MST) 10:00 pm (PST)



**Edie Hand** is the host of the heart warming Holiday Memories Television shows, and the author of over 25 books on a wide range of issues, such as raising self-esteem in children to her novella *The Last Christmas Ride*. Learn more at [EdieHand.com](http://EdieHand.com)

**Prescription for Healthy Lifestyles** is a weekly program on the FamilyNet/Rural TV Network. Author and television personality Edie Hand joins friends and guests to discuss topics which will help to educate, entertain, and enlighten. Each week guests on the show talk about issues affecting people from all walks of life. The show empowers viewers to make their lives better; physically, emotionally, and spiritually.

Topics include: You Pave the Way to make a difference segment, overcoming stress, preparing healthy meals, eldercare tips, sports medicine, raising children's self-esteem, beauty tips and more! Edie Hand and her guests bring their storytelling magic to television, while stressing the importance of a healthy lifestyle. Join them each week on a 30 minute show. One-minute special Health Interstitials (News Segments) are also available to reach the RFD-TV News Views and can be built just for you! Edie Hand is the host of the heartwarming Holiday Memories television shows, and the author of over 25 books covering enhancing business practices, southern style cooking to her inspiration novella "The Last Christmas Ride".

### ADVERTISING OPPORTUNITIES

- One Billboard "Brought to you in part by . . . ." (4 available) \$ 400 each
- 30 Second Commercial \$800 or a 15 Second Commercial \$ 400  
Runs during show Sunday at 2:30 PM EST
- 5 Minute appearance to promote product or service \$ 2,500
- Guest appearance on each program for 13 weeks, and use of footage on website and/or in local TV market. Commercial will run on each show for the full 26 week airing schedule, and shows repeat for the second 13 week period (26 weeks total). \$ 25,000\*

\*Custom show packages and production costs are available upon request



**Special Appearances** by Physicians, Artists, Actors, Musicians, Politicians, celebrities, and other experts in various fields. They will be sharing their stories, updates on medical advances, and other items of interest to our viewers.

For further information on these advertising and promotional opportunities please contact Edie Hand at [ediehand@charter.net](mailto:ediehand@charter.net) or call her office at (205) 648-8944 or via cell phone at (205) 960-1345.

**Please make checks payable to Hand N Hand Advertising, Inc.**

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