

*Jersey Girl*  
**HEALTH & WEALTH**  
PASSIONATE ABOUT POSSIBILITIES

Welcome to Jersey Girl Health and Wealth.com!

We are a lifestyle media outlet that targets women in New Jersey who look for inspiration, education and a sense of community. Our website is here to help you promote your business, boost your social media presence and increase the opportunity for people to find you!

The following is an outline of the many ways JGH&W can help you:

**1. Contribute one or more of your own blog posts or articles (FREE, no charge)**

- There is no word limit for your contribution, however, do remember that JGH&W is an online magazine, so I suggest keeping it short and sweet (around 1,000-1500 words). Remember that your audience is full of busy NJ women.
- Send your contributions in a Word document to [healthyjerseygirl@gmail.com](mailto:healthyjerseygirl@gmail.com) with a blurb at the end of your submission to promote yourself, your business or project and include all your contact information

(For example: Janice Woerner is an OT and healthy living enthusiast, etc. etc.....You can contact her at [healthyjerseygirl@gmail.com](mailto:healthyjerseygirl@gmail.com))

**2. Promote Your Event! (\$20 per event)**

- We will highlight your upcoming event on our main page slider for the month
- We will include your event and all detailed information on our calendar
- We will post your event on our social media outlets once a week during the month leading up to your event
- By inviting us to your event, we will post follow-up highlights on the website and social media with 2-3 pictures included

**3. Purchase Ad Space: (\$40 a month)**

- Banner ad under blog posts
- Right Side Ad
- Slider Ad

Contact [healthyjerseygirl@gmail.com](mailto:healthyjerseygirl@gmail.com) for more details.

Thank you for your support. I look forward to working together.

Sincerely,

Janice M. Woerner, OTR/L

Editor-in-Chief

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