

# bend nest

parenting magazine

# 2019 ISSUES

JANUARY 31

MARCH 21

MAY 30

AUGUST 8

NOVEMBER 7

## What's inside?

### Expert Q&A

We talk with medical and education experts to answer your questions about health, learning and development.

### Trending

The latest in educational tools, play date etiquette, kids activities and more. We keep you current!

### Education

New school programs, teaching methods and approaches to learning.

### Calendar

Looking for something to do? A fun day trip? We present the region's most comprehensive listings of events and happenings for kids and families.

### Adult Time

Parenting isn't all about kids. Parents need down time, too. See our suggestions to keep you sane and balanced!

### Things I've Learned

Wisdom from parents who have been there, done that and want to share.

### Health

Timely topics in health, nutrition, food and fitness.

### Culture

Fun reviews on the best new children's books, local theater, recommendations for age-appropriate media, music and more!

### Outdoors

Central Oregon parents are active; our experts point you towards the best outdoor adventures in the region, and review the right equipment to get you out there.

+ Humor, Crafts, Community and more!



# 2019

## Distribution & Circulation

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- Pediatric Offices
- Local Libraries
- Private & Charter Schools
- Preschools & Daycare Centers
- Hospitals & Health Care Providers
- Grocery Stores
- Coffee Shops & Cafes
- Restaurants & Breweries
- Health And Fitness Centers
- Parks And Recreation Office
- Tutoring Centers
- Arts & Music Classes
- The Old Mill District
- The High Desert Museum
- Retail Shops
- Salons & Spas
- Nonprofits
- Indoor Recreation Venues
- And More!

Find us at  
one of our  
**320**  
drop spots

Print  
Circulation  
**50,000**  
Copies  
Annually

### Special distribution every quarter including:

Children's Theater Productions, Festivals, Races, Family Events and Additional Community Events

Contact us today to learn more about BendNest,  
Central Oregon's only parenting magazine!

BENDNEST.COM

ADVERTISE@BENDNEST.COM

541.383.0800

## Print Advertising Rates

INSIDE PAGES			
	4x 10%	2x 5%	1x
Full Page	\$850	\$935	\$975
1/2 Page	\$440	\$475	\$505
1/4 Page	\$225	\$250	\$275

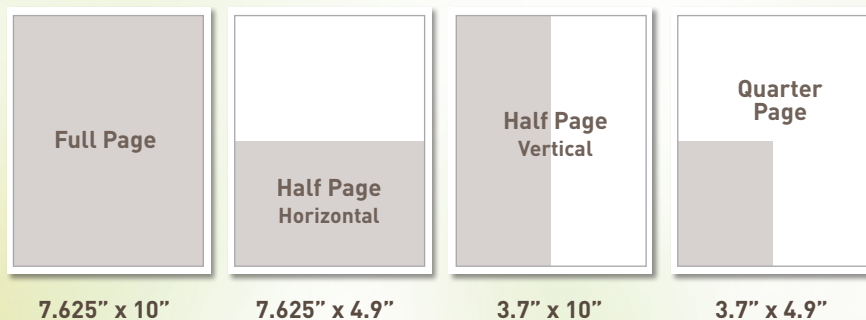
BACK COVER			
	4x	2x	1x
Full Page	\$975	\$1075	\$1175

INSIDE FRONT COVER			
	4x	2x	1x
Full Page	\$925	\$1025	\$110

## Web Advertising Rates

MONTHLY ONLINE RATES		
	3x	1x
Leaderboard	\$85	\$100
Web Island	\$75	\$90
Half Page	\$65	\$80

## Print Dimensions



All ad sizes are show in inches, width x height

**Cover Ad Size:** 8.375" x 10.875" + .25" Bleed, include a .5" safe-printing margin.

All print ads should be submitted as a PDF with all fonts embedded, CMYK color, 300dpi

## Online Dimensions

