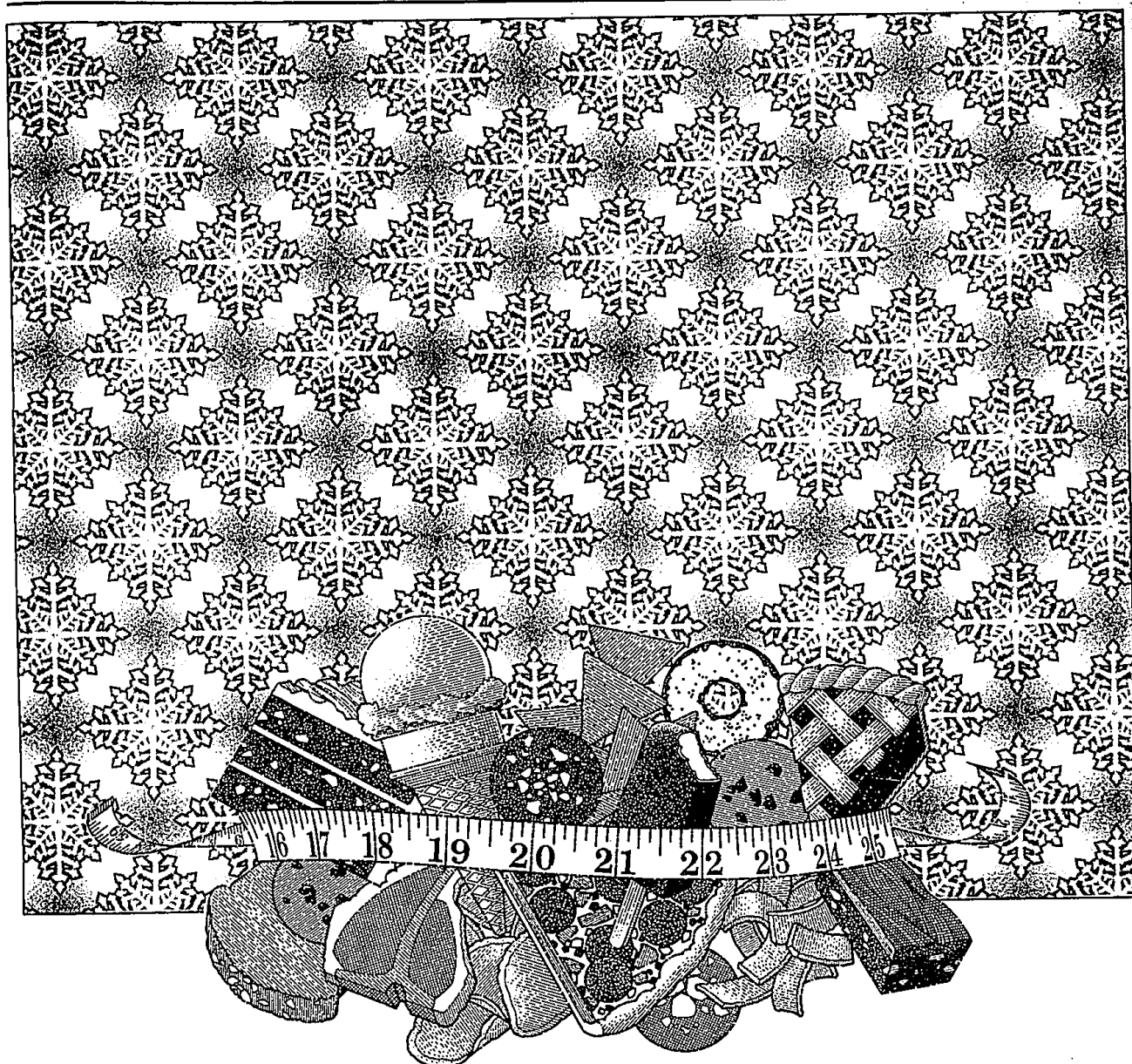




Wintertime, and the eating is easy.

Actually, the eating (in any season) is a lot easier than the dieting, the exercising and the stress reduction that are so essential to good health.

On Thursday, March 3, we will publish a "Your Health in the '90s", a special supplement to your hometown newspaper that will deal with health issues.

If you're interested in doing what you can to enhance your personal health profile, you won't want to miss it.

THE
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NEWSPAPERS

Attention Advertisers—If you would like your message to appear in "Your Health in the '90s, call us before 5 p.m. Tuesday, February 15, 1994. Our Sales Representative will be glad to reserve your advertising space. Call 313-953-2153 if you are in Wayne County or 810-901-2500 in Oakland County.