

Rate Sheet 2019

THE PHOENIX SPIRIT is a bi-monthly publication for people actively working on their physical, mental, emotional and spiritual well-being. We are committed to providing information about recovery, renewal and personal growth to help people experience life in a balanced and meaningful way.

THE PHOENIX SPIRIT has a distribution of 15,500 at 450 free distribution points throughout the Twin Cities. We also offer subscriptions at \$14 for one year and \$26 for two years. Our website has the latest articles and information located at www.thephoenixspirit.com. Call for digital advertising rates.

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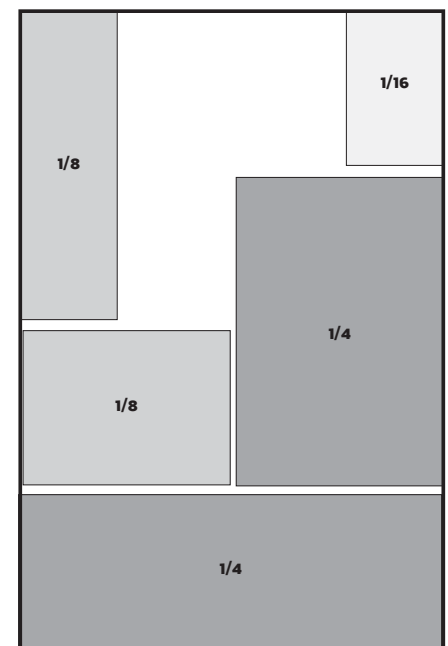
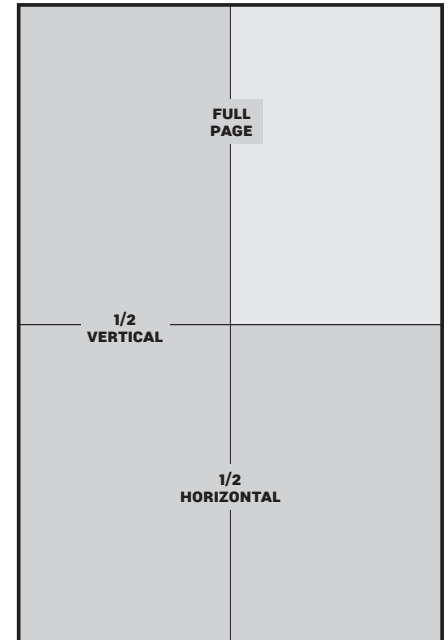
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