

# Rate Sheet 2020

**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 been publishing for 40 years and is distributed free at convenient locations throughout the Twin Cities. We also offer subscriptions at \$15 for one year and \$28 for two years. Our website has the latest articles and information located at [www.thephoenixspirit.com](http://www.thephoenixspirit.com). Call for digital advertising rates.

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