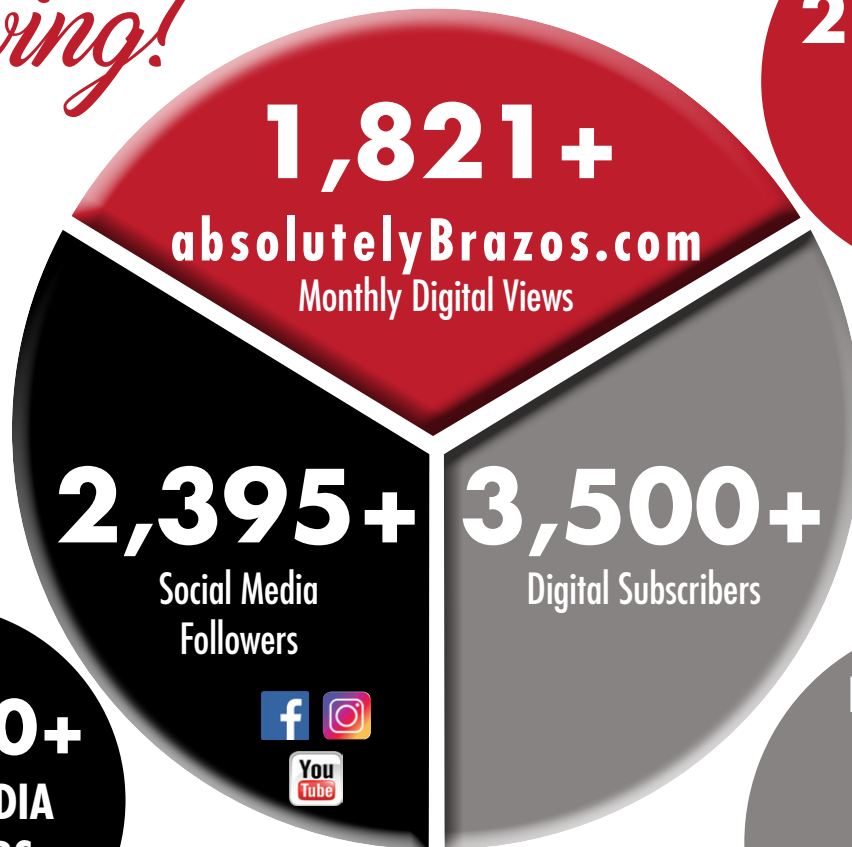


# Distribution

Digital Delivery! Website! Social Media!

2022

And constantly  
*growing!*



**21,852+**  
DIGITAL  
VIEWS  
ANNUALLY

**28,740+**  
SOCIAL MEDIA  
FOLLOWERS  
ANNUALLY

DIGITAL ISSUE  
SENT 2X  
MONTHLY =  
**84,000+**  
DIGITAL DELIVERY  
ANNUALLY



### + Lobby Distribution

Safe, timely lobby distribution for multiple-reads throughout hospitals, business offices and other waiting areas with our two-sided plexiglass frames featuring *eZine* mastheads with QR codes allowing readers direct access to our digital publications.

**Free Subscription**  
Readers opt-in for e-mail  
delivery absolutely free!

**Grow your business with us!**

To advertise, call: 281.798.4910 • [kay@absolutelyfocusmedia.com](mailto:kay@absolutelyfocusmedia.com)