

Natural Awakenings Beginnings:

Healthy living entrepreneur Sharon Bruckman established Natural Awakenings magazine in 1994 in Naples, Florida, in response to her local holistic health community's need for an effective way to share information and connect with people searching for alternative therapies. Success of the original Naples/Ft. Myers edition was immediate.

Two years later, an avid reader convinced her to launch a second edition in Nassau County, Florida. Its destiny was to become the prototype for an unprecedented franchise network of like-minded people who value what this magazine brings to their communities.

In 1999 Bruckman formed Natural Awakenings Publishing Corporation to support the growing network of publishers. Today, franchise owners publish more than 40 local editions with new magazines being added each year. In each market, thousands of free copies are circulated at hundreds of public distribution points.

"The wellness revolution I saw emerging years ago is now in full swing," says Bruckman. "It's propelled by the kind of people who read our magazines and website. Our job is to keep our finger on the pulse of cutting-edge advances and keep readers apprised of the best healthy-life choices available."

Natural Awakenings offers a synergy that other national publications just can't match, with both a national and local focus seamlessly integrated into each issue. It's a free monthly publication dedicated to providing insights and information to improve the quality of life physically, mentally, emotionally and spiritually. We present special features, interviews with national figures, and guest columns right along with local news briefs, stories, resource directories and a community calendar. Each month brings fresh perspective around a timely theme sure to pique your interest.

Beginning this summer, please look for our magazine in over 300 locations across Rockland and Orange Counties. You can find our magazine at health food stores, health and education centers, recreation centers, libraries, healing centers, practitioners' offices and many other convenient locations. Please contact us if you would like copies placed at your business.

Contact Natural Awakenings of Rockland and Orange Counties

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We welcome your feedback and participation. Please **contact us** to share your thoughts with us.