

Health and Wellness publishes four times a year: spring, summer, fall and winter.
Each print issue reaches more than 15,000 households in Haywood and Buncombe counties.
A free digital edition is published online at themountaineer.com and biltmorebeacon.com.

We'd love to hear from you!
For article submissions, contact Editor Becky Johnson at 828-452-0661 or send an email to bjohnson@themountaineer.com.

To request free copies to place in your business, contact Karl Miller at 452-0661 or send an email to kmiller@themountaineer.com.

For advertising opportunities, contact:

Jan George
jgeorge@themountaineer.com
828.734.6507

Lori Gilbert
lgilbert@themountaineer.com
828.713.7434

Jennifer Worley
jennifer@themountaineer.com
828.646.0785