

# writer's guidelines

**TERMS OF SUBMISSION:** Please note that submitting an article for consideration in *The Connection* does **not** guarantee the author that Health Dimensions will accept the article for publication. Article submissions are encouraged and appreciated, each will receive due consideration but because of the number of submissions received, usable content of articles submitted and amount of editing required along with many other factors, it is possible that Health Dimensions **may never** use the article.

By submitting an article, the author understands and agrees to the Terms of Submission as set forth above.

## How to submit an article:

1. Send articles to: Health Dimensions, *The Connection* magazine, 2942 Harding Street, Carlsbad, CA 92008; fax to (760) 730-4626; or e-mail them to [info@healthdimensions.com](mailto:info@healthdimensions.com).
2. Articles should address a timely topic, be tightly focused and succinct to reach a diverse audience. Paragraphs should be short, three to four sentences in length, and should include tips and tricks that the reader can put into use.
3. Articles should not attempt to sell a specific business, service or product; buying advertising is a more effective method to do this. The author will receive a byline (their name and name of business, if applicable), which will appear at the end of the article. Contact information, biographies, etc., will not be included.
4. Articles should be typewritten in Times New Roman 12 pt font and single-spaced and should include the author's name, business name, address, phone and fax numbers as well as e-mail address. The contact information you provide will be for Health Dimensions' use, and will not be included in final printed article as it appears in the magazine.
5. Articles should run 500 to 1,000 words and should not exceed 1,000 words.
6. Pictures, artwork or graphics may be submitted with manuscripts. Photos need to be clear (color is preferable) and can be any size. Polaroids do not reproduce well and will not be accepted. Please identify all pictures/artwork with a label on the back. If photos or artwork need to be returned, please include a stamped, self-addressed envelope.
7. Deadline for submissions for each issue vary, so please check if you have any questions.