

**Full Page: 10" wide x 12" high (Portrait or Landscape)
(B&W only)**

Half Page Portrait: 5" wide x 12" high (B&W Only)

Half Page Landscape: 10" wide x 6" high (Color and B&W)

Quarter Page Portrait: 5" wide x 6" high (Color and B&W)

One-Eighth Page Landscape: 5" wide x 3" high (Color and B&W)

Mature Life

Newsletter of

**Senior
Connections**
The Capital Area Agency on Aging

The Resource for Aging Well

01/01/18