

The Wellness Coalition of Taylor County is excited to announce that we are sponsoring a weekly wellness article in the Star News. Articles will be written by local residents and will cover topics such as Nutrition, Physical Activity, Stress Relief and Personal Well Stories. Each month we will run an article from each of the four topic areas. If you are a healthcare professional, fitness guru or if you have a personal well story and would like to contribute an article, please follow the guidelines listed below.

- Each article will need to be ~500 words in length & 12 point font.
- Articles must be written using 'Microsoft Word' or its Mac equivalent.
- Proper spelling, sentence structure and mechanics are a must.
- Advertising is not allowed, however you may mention certain products if they are not branded.
- Obviously no foul language may be used.
- Each month will focus on a specific topic. We will provide an extended calendar of topics for you to choose from. Each article submitted will be saved until the appropriate topic-month.
- ARTICLES MAY BE SUBMITTED TO THE E-MAIL BELOW. THEY WILL BE APPROVED BY OUR MEMBERS AND WILL THEN BE SUBMITTED TO THE STAR NEWS AS NEEDED. We are looking forward to your contributions!!!
- email us at [wctcoalition@gmail.com](mailto:wctcoalition@gmail.com)