



1 in 7 mothers in the United States will suffer from prenatal or postpartum depression.

Sadness, anxiety, irritability and guilt are all symptoms of prenatal and postpartum depression. Unfortunately, so is silence. Ask for help. Seek help. You are not alone. And these symptoms are treatable. Go to jennyslight.org to learn more. And find the understanding and love you need to heal.

| Fallon Minneapolis | | | | |
|---|---|------------------------|------------------------|-------------|
| Client: Jenny's Light | Publications: Pregnancy | Issue: 10/24/08 | Close: 10/24/08 | Ext: |
| Job Number: FMFMR8PC106 | | | | |
| File Name: FMFMR8PC106v1alt2_JL_Mugs.indd | | | | |
| Description: Jenny's Light Ad | | | | |
| Date/Time: 10/23/08 11:45 a.m. | | | | |
| Bleed: 8.25" x 10.75" | Creative Director: Mike Gibbs | | | |
| Trim: 8" x 10.5" | Art Director: Marques Gartrell | | | |
| Live: 7.25" x 9.75" | Copywriter: Mike Gibbs | | | |
| Media: FP 4C Bleed | Production Artist: Erik Jacobs | | | |
| Fonts: Scala Sans Regular and Bold; Arial Regular and Arial Black Regular for crops/slug | Project Manager: Lisa Hashbarger | | | |
| Ink Colors: CMYK | Art Buyer: na | | | |
| Notes: N/A | Print Producer: Tom Beckel | | | |
| | Account Executive: Lisa Hashbarger | | | |
| | Account Supervisor: na | | | |