

OAKSTONE® PUBLISHING – PERSONAL BEST™

PRESS RELEASE

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FOR IMMEDIATE RELEASE

OAKSTONE® PUBLISHING – PERSONAL BEST™ EXPANDS PRINTED PRODUCTS FOR EMPLOYEE WELLNESS – INTRODUCES “HEALTHY TOP TEN” POSTER SERIES

Birmingham, AL, May 8, 2007 – Oakstone Publishing dba Personal Best, a leader in employee wellness publishing and a Haight Cross Communications company, today announced its new “Healthy Top Ten” health and wellness poster series. The new series is available immediately.

The new “Healthy Top Ten” poster series features a dozen posters addressing key personal and family health issues – Staying Well During the Cold and Flu Season, The Road to Heart Health, Good Nutrition at a Glance, Manage Your Weight, Keeping a Healthy Blood Pressure, Taking Care of Your Back, Keeping Cholesterol in Check, Diabetes, Relax More – Manage Stress, Getting Fit, Guide to Men’s Health, and Guide to Women’s Health. Each poster includes 10 important points about the topic and uses short actionable bullets and lively graphic design to quickly provide readers with ways to protect their health.

“These latest Personal Best posters add to our best-selling catalogue of employee and family wellness education and awareness products,” said Charles K. Dismuke, Personal Best Publisher. “Both quantitative research and extensive employer feedback indicate these cost-effective materials help reduce sick days, work place accidents, and medical claims and contribute to the health and wellbeing of employees and their families.”

The “Healthy Top Ten” poster series are among many employee health and wellness products available for purchase at www.oakstonewellness.com.

About Oakstone® Publishing – Personal Best™:

Oakstone® Publishing dba Personal Best™ is a major publisher of employee wellness publications, including newsletters, calendars, posters, brochures, and booklets covering topics related to health and wellness, safety, productivity, shift work, and personal money management. In 2005, Oakstone Publishing acquired Scott Publishing and its award winning *Personal Best® Healthlines* employee wellness newsletter. The combined entities’ flagship newsletters, *TopHealth®*, *Personal Best® Healthlines*, and *Best of Health*, reach more than 1.5 million readers monthly at more than 10,000 organizations. In 2006, the company consolidated

Oakstone Wellness and Scott Publishing products and began marketing all of its publications under its Personal Best™ brand.

About Hights Cross Communications:

Founded in 1997 and based in White Plains, NY, Hights Cross is a leading developer and publisher of products for the kindergarten through twelfth grade, or K-12, supplemental education, library, and medical education markets. Hights Cross imprints include: Sundance/Newbridge Educational Publishing (Northborough, MA), Triumph Learning (New York, NY), Buckle Down Publishing (Iowa City, IA), Options Publishing (Merrimack, NH), Recorded Books (Prince Frederick, MD), and Oakstone Publishing (Birmingham, AL). For more information visit www.hightscross.com.

Safe Harbor Statement: This press release contains forward-looking statements. In some cases, you can identify forward-looking statements by terms such as “may,” “will,” “should,” “could,” “would,” “expect,” “plan,” “anticipate,” “believe,” “potential,” and similar expressions intended to identify forward-looking statements. These statements reflect our current views with respect to future events and are based on assumptions and subject to risks and uncertainties. These risks, uncertainties, and other factors may cause our actual results, performances, or achievements to be materially different from those expressed or implied by our forward-looking statements. Factors that may cause our actual results to differ materially from our forward-looking statements include, among others, changes in external market factors, changes in our business or growth strategy, or an inability to execute our strategy due to changes in our industry or the economy generally, the emergence of new or growing competitors and various other competitive factors. In light of these risks and uncertainties, there can be no assurance that the events and circumstances described in forward-looking statements contained in this press release will in fact occur. You should read this press release completely and with the understanding that our actual results may be materially different from what we expect. We will not update these forward-looking statements, even though our situation may change in the future. We qualify all of our forward-looking statements by these cautionary statements.
