

OAKSTONE WELLNESS PUBLISHING **PRESS RELEASE**

Editorial Contact:

Michael Stugrin
(562) 498-6353
mstugrin@earthlink.net

FOR IMMEDIATE RELEASE

OAKSTONE WELLNESS PUBLISHING’S “2007 YEAR OF GOOD HEALTH: HEALTHY RESOLUTIONS” CALENDAR SHIPPING TO EMPLOYERS IN THE UNITED STATES AND CANADA

Birmingham, AL, September 18, 2006 –Oakstone Wellness Publishing, a division of Oakstone Publishing, a leader in employee health and wellness publishing and a Hights Cross Communications company, today said it is currently shipping its “2007 Year of Good Health: Healthy Resolutions” calendar to companies and organizations throughout the United States and Canada. The calendars, which Oakstone Wellness has been publishing for years, are available in U.S. and Canadian editions and can be customized with company name, logo, and special messages. Volume rates are available.

“The ‘2007 Year of Good Health’ calendar continues as one of the most effective wellness promotion products for companies and government agencies. Employers purchase our calendars year after year and look forward to distributing them to their employee populations to encourage healthy living,” said Charles K. Dismuke, Oakstone Wellness Publisher. “The Year of Good Health calendar is often the centerpiece of companies’ employee communications programs about the importance of good health habits. Combined with our newsletters, brochures, posters, and booklets, employers find wellness communications can help reduce sick days, work place accidents, and medical claims.”

The “2007 Year of Good Health” calendar features health and safety educational messages, national health observances, access to an interactive activity log and online health articles and recipes as well as links to leading health and wellness information websites. The calendar is physician reviewed. The Canadian edition, which is reviewed by Canadian health advisors, highlights Canadian health observances, holidays, and health hotlines. For more information, visit www.oakstonewellness.com.

About Oakstone Wellness Publishing:

Oakstone Wellness Publishing is a major publisher of employee wellness publications, including newsletters, calendars, brochures, posters, and booklets covering topics related to health and wellness, safety, productivity, shift work, and personal money management. In 2005, Oakstone Wellness 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.

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.
