

OAKSTONE WELLNESS PUBLISHING **PRESS RELEASE**

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FOR IMMEDIATE RELEASE

OAKSTONE WELLNESS WINS MULTIPLE AWARDS IN 2006 NATIONAL HEALTH INFORMATION AWARDS PROGRAM

Birmingham, AL, February 22, 2006 – Oakstone Wellness Publishing, a division of Oakstone Publishing®, a leader in employee wellness publishing and a Hights Cross Communications company, has been named a winner in the 13th annual National Health Information Awards. This program recognizes the nation's best consumer health information programs and materials.

The Oakstone Wellness “*2006 Reflections on Health*” calendar received a Bronze award, and its “*Body Bulletin*” and “*Best of Health*” newsletters received Merit awards.

“We were delighted to participate in the National Health Information Awards Program and are honored that three of our publications were selected as winners from nearly 1,000 entries judged by a national panel of health information experts,” said Charles K. Dismuke, Oakstone Wellness Publisher. “At Oakstone Wellness, we are committed to providing high quality publications for corporations and other organizations that believe in the power and importance of a health-filled workplace. Our newsletters, calendars, posters, brochures, and other publications promote wellness and positive lifestyle changes, which help reduce sick days, workplace accidents, and medical claims for corporations and contribute to the health and well being of employees and their families.”

The awards program is coordinated by the Health Information Resource Center, a national clearinghouse for consumer health information programs and materials. The Center, which houses a large collection of such private and public sector materials, promotes the distribution of accurate, timely consumer health information materials to professionals and managers in the field.

About Oakstone Wellness Publishing:

Oakstone Wellness Publishing 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 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.
