

# The Press and Journal

## Media Packs

For the latest P&J media information, please click on one of the links below:

**Press and Journal – General Media Pack:**

<http://www.pressandjournal.co.uk/media/PJmedia2011.pdf>

**Press and Journal – Highlands & Islands, Inverness and Moray Media Pack:**

<http://www.pressandjournal.co.uk/media/PJHMmedia2011.pdf>

**Press and Journal – ENERGY supplement media pack:**

<http://www.pressandjournal.co.uk/media/PJENERGYmedia2011.pdf>

**Press and Journal – YourJob supplement media pack:**

<http://www.pressandjournal.co.uk/media/YourJobmedia2011.pdf>