

## TRADEMARK ASSIGNMENT COVER SHEET

Electronic Version v1.1  
 Stylesheet Version v1.2

ETAS ID: TM455337

<b>SUBMISSION TYPE:</b>	NEW ASSIGNMENT		
<b>NATURE OF CONVEYANCE:</b>	NOTICE OF GRANT OF SECURITY INTEREST IN TRADEMARKS		
<b>CONVEYING PARTY DATA</b>			
<b>Name</b>	<b>Formerly</b>	<b>Execution Date</b>	<b>Entity Type</b>
HEALTHY DIRECTIONS PUBLISHING, LLC		12/20/2017	Limited Liability Company: DELAWARE
<b>RECEIVING PARTY DATA</b>			
<b>Name:</b>	SUNTRUST BANK, AS ADMINISTRATIVE AGENT		
<b>Street Address:</b>	303 PEACHTREE STREET, N.E.		
<b>Internal Address:</b>	25TH FLOOR		
<b>City:</b>	ATLANTA		
<b>State/Country:</b>	GEORGIA		
<b>Postal Code:</b>	30308		
<b>Entity Type:</b>	Corporation: GEORGIA		
<b>PROPERTY NUMBERS Total: 3</b>			
<b>Property Type</b>	<b>Number</b>	<b>Word Mark</b>	
<b>Registration Number:</b>	2127412	HEALTH & HEALING	
<b>Registration Number:</b>	2085633	HEALTH WISDOM FOR WOMEN	
<b>Registration Number:</b>	1873837	ALTERNATIVES	
<b>CORRESPONDENCE DATA</b>			
<b>Fax Number:</b>	9192868199		
<i>Correspondence will be sent to the e-mail address first; if that is unsuccessful, it will be sent using a fax number, if provided; if that is unsuccessful, it will be sent via US Mail.</i>			
<b>Phone:</b>	919 286-8000		
<b>Email:</b>	PTO_TMconfirmation@mvalaw.com, sandraday@mvalaw.com		
<b>Correspondent Name:</b>	MOORE & VAN ALLEN PLLC		
<b>Address Line 1:</b>	3015 CARRINGTON MILL BOULEVARD		
<b>Address Line 2:</b>	SUITE 400		
<b>Address Line 4:</b>	MORRISVILLE, NORTH CAROLINA 27560		
<b>ATTORNEY DOCKET NUMBER:</b>	410643.000188		
<b>NAME OF SUBMITTER:</b>	John Slaughter		
<b>SIGNATURE:</b>	/john slaughter/		
<b>DATE SIGNED:</b>	12/20/2017		
<b>Total Attachments: 4</b>			

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NOTICE  
OF  
GRANT OF SECURITY INTEREST  
IN  
TRADEMARKS

United States Patent and Trademark Office

Ladies and Gentlemen:

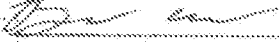
Please be advised that pursuant to the Security and Pledge Agreement dated as of December 20, 2017 (as the same may be amended, modified, extended or restated from time to time, the “Agreement”) by and among the Obligors party thereto (each an “Obligor” and collectively, the “Obligors”) and SunTrust Bank, as Administrative Agent (the “Administrative Agent”) for the holders of the Secured Obligations referenced therein, the undersigned Obligor has granted a continuing security interest in and continuing lien upon the trademarks and trademark applications set forth on Schedule 1 hereto to the Administrative Agent for the ratable benefit of the holders of the Secured Obligations.

The undersigned Obligor and the Administrative Agent, on behalf of the holders of the Secured Obligations, hereby acknowledge and agree that the security interest in the foregoing trademarks and trademark applications (i) may only be terminated in accordance with the terms of the Agreement and (ii) is not to be construed as an assignment of any trademark or trademark application.

[Remainder of Page Intentionally Left Blank]

Very truly yours,

HEALTHY DIRECTIONS PUBLISHING, LLC

By:   
Name: Brandon Adcock  
Title: Manager

Healthy Directions Publishing, LLC  
6710A Rockledge Drive, Suite 500  
Bethesda, Maryland 20817

HEALTHY DIRECTIONS PUBLISHING, LLC  
TRADEMARK NOTICE

Acknowledged and Accepted:

SUNTRUST BANK, as Administrative Agent

By: \_\_\_\_\_

Name: Sherry D. Harris

Title: Senior Vice President

SunTrust Bank

Agency Services

303 Peachtree Street, N.E. / 25<sup>th</sup> Floor

Atlanta, Georgia 30308

Attention: Doug Weltz

HEALTHY DIRECTIONS PUBLISHING, LLC  
TRADEMARK NOTICE

**TRADEMARK**  
**REEL: 006233 FRAME: 0625**

**Schedule 1**

**Healthy Directions Publishing, LLC  
(Delaware Limited Liability Company)**

**U.S. Trademarks**

**Trademark Registrations**

<b>Mark</b>	<b>Reg. No.</b>	<b>Reg. Date</b>
HEALTH & HEALING	2127412	01/06/98
HEALTH WISDOM FOR WOMEN	2085633	08/05/97
ALTERNATIVES	1873837	01/17/95