



YEAR CALENDAR 2024

NATURAL AWAKENINGS DEPARTMENTS:

HEALTH BRIEFS | GLOBAL BRIEFS | GREEN LIVING | HEALING WAYS | CONSCIOUS EATING
| FIT BODY | HEALTHY KIDS | WISE WORDS | INSPIRATION | NATURAL PET* Monthly Topics Subject to Change.

January ~ Health & Wellness

Feature: Aging Gracefully
Plus: Alzheimer's Disease

February ~ Heart-Healthy Lifestyle

Feature: Oral Health For Healthy Heart
Plus: Breathwork For Stress Reduction

March ~ Food & Nutrition

Feature: Plant-Based Healing
Plus: Colon Health

April ~ Eco-Travel

Feature: North American Eco-Adventures
Plus: Parkinson's Disease

May ~ Women's Wellness

Feature: Hormonal Health Journey
Plus: Lyme Disease

June ~ Men's Health

Feature: Mental Health For Men
Plus: Vegan Fitness

July ~ Keeping It Cool

Feature: Eating Seasonally
Plus: Skin-Safe Summer

August ~ Finding Your Tribe

Feature: The Power Of Community
Plus: Kids' Sports Safety

September ~ Emotional Healing

Feature: Trauma & Addiction Recovery
Plus: Yoga For Recovery

October ~ Whole Body Alignment

Feature: Chiropractic & Bodywork
Plus: Breast Health

November Grateful Aging

Feature: Becoming A Wise Elder
Plus: Food Celebrations

December ~ Reconnect & Rejuvenate

Feature: The Gift Of Self Care
Plus: The Placebo Effect

natural awakenings

954-630-1610 | Broward County FL Edition | NAbroward.com

561-626-5584 | Palm Beach Edition | NApalmbeach.com

NaturalAwakeningsFla@gmail.com