

# 2024 Editorial Calendar

January | Health & Wellness  
Feature: Aging Gracefully

July | Keeping It Cool  
Feature: Eating Seasonally

February | Heart-Healthy Lifestyle  
Feature: Oral Health for Healthy Heart

August | Finding Your Tribe  
Feature: The Power of Community

March | Food & Nutrition  
Feature: Plant-Based Healing

September | Emotional Healing  
Feature: Trauma & Addiction Recovery

April | Eco-Travel  
Feature: N. American Eco-Adventures

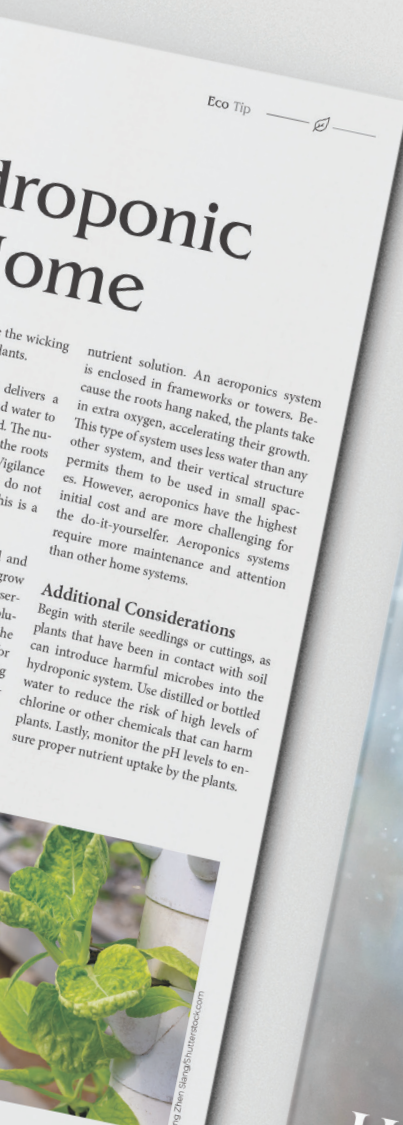
October | Whole Body Alignment  
Feature: Chiropractic & Bodywork

May Women's Wellness  
Feature: Hormonal Health Journey

November | Grateful Aging  
Feature: Becoming a Wise Elder

June | Men's Health  
Feature: Mental Health for Men

December | Reconnect & Rejuvenate  
Feature: The Gift of Self Care



**natural**  
awakenings