



# YEAR CALENDAR 2025

## 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

July ~ The Great Outdoors

February ~ Happy Heart

August ~ Harmonious Living

March ~ Food & Nutrition

September ~ Gut Vitality

April ~ People, Planet, & Purpose

October ~ Brain Gain

May ~ Women's Wellness

November ~ Balancing Energy

June ~ Men's Health

December ~ Embracing Joy

**natural**  
awakenings

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

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

NaturalAwakeningsFla@gmail.com