

2025

EDITORIAL CALENDAR



January

Health & Wellness

February

Happy Heart

March

Food & Nutrition

April

People, Planet & Purpose

May

Women's Wellness

June

Men's Health

July

The Great Outdoors

August

Harmonious Living

September

Gut Vitality

October

Brain Gain

November

Balancing Energy

December

Embrace Joy

NATURAL AWAKENINGS DEPARTMENTS:

News Briefs

Health Briefs

Global Briefs

Eco Tip

Feature Story

Wise Words

Conscious Eating

Inspiration

Green Living

Fit Body

Healing Ways

Healthy Kids

Natural Pet

natural
awakenings