



YEAR CALENDAR 2026

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 ~ **Good Vibes, Great Outdoors**

February ~ **Nurture the Heart**

August ~ **Building Healthy Foundations**

March ~ **Nourish & Flourish**

September ~ **Inner Balance**

April ~ **Sustainable Together**

October ~ **How Healing Works**

May ~ **Vitality Her Way**

November ~ **Rooted in Gratitude**

June ~ **Men Built to Thrive**

December ~ **Living Generously**

natural
awakenings

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