

📅 2020 EDITORIAL CALENDAR



HEALTHY LIFESTYLES ISSUE

JAN Age-Defying Habits
Plus: Healthy Immune System

FEB Cardiovascular Health
Plus: Regenerative Medicine

PLANT-BASED NUTRITION ISSUE

MAR Thriving on a Plant-Based Diet
Plus: CBD

APR Grassroots Climate Crisis Strategies
Plus: Healthy Home

WOMEN'S WELLNESS ISSUE

MAY Autoimmune Breakthroughs
Plus: The Collagen Connection

JUN Inspired Lifestyle Travel
Plus: Brain Health

THE FOOD CONNECTION ISSUE

JUL Beyond Factory Farming
Plus: Gut Health

AUG Biological Dentistry
Plus: Environmental Education

THE SELF-EMPOWERMENT ISSUE

SEP Emotional Well-Being
Plus: Adaptive Yoga

OCT Stress Management
Plus: Joint Health

THE DIABETES CHALLENGE ISSUE

NOV Personalized Diabetes Strategies
Plus: Skin Care

DEC Creating Community & Connection
Plus: Spending Locally

**IN EVERY
ISSUE...**

HEALTH BRIEFS | GLOBAL BRIEFS | ECO TIP | GREEN LIVING | HEALING WAYS | FIT BODY
CONSCIOUS EATING | HEALTHY KIDS | WISE WORDS | INSPIRATION | NATURAL PET