

## **NATURAL** AWAKENINGS'



## **NATURAL AWAKENINGS DEPARTMENTS:**

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

JANUARY **HEALTH & WELLNESS** 

FEBRUARY HEART-CENTERED LIVING

MARCH FOOD & NUTRITION

APRII SUSTAINABLE LIVING

MAY WOMEN'S WELLNESS

JUNE MEN'S HEALTH

JULY THE FOOD CONNECTION

**AUGUST SELF-EMPOWERMENT** 

SEPTEMBER INSPIRED LIVING

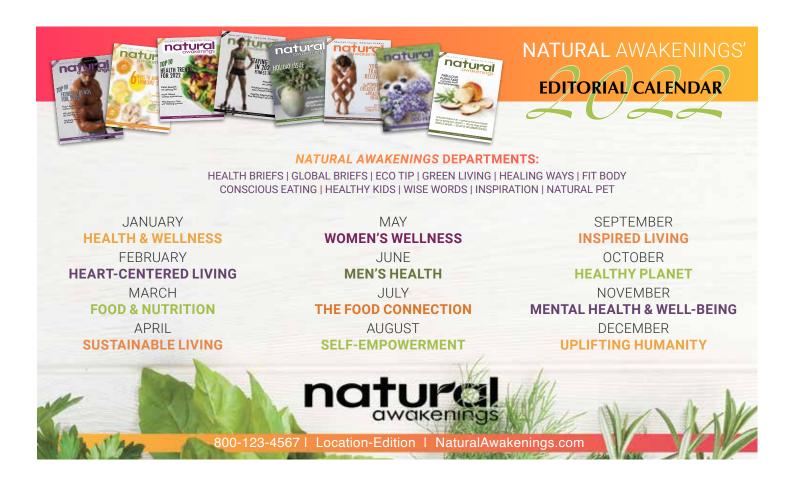
OCTOBER HEALTHY PLANET

NOVEMBER MENTAL HEALTH & WELL-BEING

DECEMBER UPLIFTING HUMANITY



800-123-4567 | Location-Edition | NaturalAwakenings.com





## EDITORIAL CALENDAR

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