



# NATURAL AWAKENINGS' EDITORIAL CALENDAR 2022

## 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**

APRIL **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**

**natural**  
awakenings

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