



# 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

JULY  
THE FOOD CONNECTION

FEBRUARY  
HEART-CENTERED LIVING

AUGUST  
SELF-EMPOWERMENT

MARCH  
FOOD & NUTRITION

SEPTEMBER  
INSPIRED LIVING

APRIL  
SUSTAINABLE LIVING

OCTOBER  
HEALTHY PLANET

MAY  
WOMEN'S WELLNESS

NOVEMBER  
MENTAL HEALTH & WELL-BEING

JUNE  
MEN'S HEALTH

DECEMBER  
UPLIFTING HUMANITY

# natural awakenings