



# YEARLY 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

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