



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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