



YEAR CALENDAR 2023

NATURAL AWAKENINGS DEPARTMENTS:

HEALTH BRIEFS | GLOBAL BRIEFS | GREEN LIVING | HEALING WAYS | CONSCIOUS EATING
| FIT BODY | HEALTHY KIDS | WISE WORDS | INSPIRATION | NATURAL PET* Monthly Topics Subject to Change.

JANUARY

HEALTH & WELLNESS

FEBRUARY

HEART-HEALTHY 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

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awakenings

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