



# 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

**BACK TO SCHOOL**

SEPTEMBER

**WELLNESS TRAVEL**

OCTOBER

**TRADITIONAL WORLD MEDICINE**

NOVEMBER

**ECO-LIVING**

DECEMBER

**HOLIDAY & UPLIFTING HUMANITY**

**natural**  
awakenings

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