

natural awakenings

HEALTHY LIVING | HEALTHY PLANET



2019 EDITORIAL CALENDAR



HEALTH & WELLNESS ISSUE

JAN

Feature: Strengthen Organ Vitality
Plus: Healthy Homes

FEB

Feature: Heart Health
Plus: Socially Conscious Investing

NATURAL FOOD ISSUE

MAR

Feature: Nutrition Upgrades
Plus: Managing Allergies

APR

Feature: Sustainable Living
Plus: Creative Arts Therapy

WOMEN'S HEALTH ISSUE

MAY

Feature: Mental & Emotional Well-Being
Plus: Healthy Vision

JUNE

Feature: Brain Health
Plus: Green Building Trends

LOCAL FOOD ISSUE

JULY

Feature: Urban & Suburban Agriculture
Plus: Gut Health

AUG

Feature: Children's Health
Plus: Natural Pet Care

VIBRANT AT ANY AGE ISSUE

SEPT

Feature: Age-Defying Bodywork
Plus: Yoga Therapy

OCT

Feature: Oral Health
Plus: Chiropractic Care

BETTER SLEEP ISSUE

NOV

Feature: Natural Sleep Solutions
Plus: Optimal Thyroid Function

DEC

Feature: Uplifting Humanity
Plus: Earth-Friendly Holidays

**IN EVERY
ISSUE...**

HEALTH BRIEFS | GLOBAL BRIEFS | ECO TIP | GREEN LIVING | HEALING WAYS | FIT BODY
CONSCIOUS EATING | HEALTHY KIDS | WISE WORDS | INSPIRATION | NATURAL PET