

# 2016 editorial calendar

## departments

healthbriefs  
 globalbriefs  
 ecotips  
 greenliving  
 healingways  
 healthykids

conscious eating  
 wisewords  
 fitbody  
 inspiration  
 naturalpet



## themes

**JANUARY** health & wellness  
 plus: dance power

**FEBRUARY** friendship  
 plus: dental health

**MARCH** food matters  
 plus: eye health

**APRIL** everyday sustainability  
 plus: freshwater scarcity

**MAY** women's wellness  
 plus: thyroid health

**JUNE** happiness  
 plus: balanced man

**JULY** independent media  
 plus: summer harvest

**AUGUST** empowering youth  
 plus: creativity

**SEPTEMBER** healing music  
 plus: yoga

**OCTOBER** community game changers  
 plus: chiropractic

**NOVEMBER** mental wellness  
 plus: beauty

**DECEMBER** uplifting humanity  
 plus: holiday themes

natural  
 awakenings®

