

# editorial calendar 2014

## themes

<b>JANUARY</b>	<b>health &amp; wellness</b> plus: health coaches
<b>FEBRUARY</b>	<b>rethinking heart health</b> plus: stress relief
<b>MARCH</b>	<b>food &amp; garden</b> plus: gluten-free foods
<b>APRIL</b>	<b>green living</b> plus: healthy home
<b>MAY</b>	<b>women's wellness</b> plus: bodywork
<b>JUNE</b>	<b>inspired living</b> plus: men's wellness
<b>JULY</b>	<b>food watch</b> plus: natural medicine cabinet
<b>AUGUST</b>	<b>transformative education</b> plus: children's health
<b>SEPTEMBER</b>	<b>conscious caretaking</b> plus: yoga
<b>OCTOBER</b>	<b>sustainable communities</b> plus: chiropractic and acupuncture
<b>NOVEMBER</b>	<b>personal empowerment</b> plus: beauty
<b>DECEMBER</b>	<b>awakening humanity</b> plus: holiday themes

## departments

<b>healthbriefs</b>	<b>conscioseating</b>
<b>globalbriefs</b>	<b>wisewords</b>
<b>ecotips</b>	<b>fitbody</b>
<b>greenliving</b>	<b>inspiration</b>
<b>healingways</b>	<b>naturalpet</b>
<b>healthykids</b>	

natural  
awakenings

