

EDITORIAL Calendar 2023

JAN
FEB

BEGIN AGAIN

At some point, each of us will inevitably find ourselves at the end of something: a job, a relationship, a way of knowing, or something unforeseen. These pages offer an opportunity to breathe deeply, find your courage, and begin anew.

APR

NAVIGATING TRANSITIONS

Our lives can be marked by clear delineations, including seasons, ages, roles, and more. But how can we be mindful in the in-between spaces? Consider this issue an invitation to attend to your present — and plan for the future.

JUN

THE BODY (POSITIVE) ISSUE

Your body is a good body . . . even as it's changing, aging, or resisting (despite all your physical and emotional efforts). Settle in as we embrace the homes in which we all reside — with honesty, acceptance, positivity, and joy.

SEPT
OCT

WHAT'S NEXT?

None of us can predict what lies ahead, but that doesn't stop us from pondering the possibilities. Come along as we look with hope, optimism, and realism at the important issues that will influence our health and wellness in the future.

MAR

THE BETTER-TECH ISSUE

Love it or hate it, technology is part of our everyday lives — but it doesn't have to rule them. Dive into nuances of this highly debated topic and decide for yourself how much of a role technology plays in your day-to-day.

MAY

THE FOOD ISSUE

More than sustaining and nourishing, food is one of the most celebrated sources of comfort and connection in the human experience. Dig into this fan-favorite issue for a sampling of the many ways it feeds us.

JULY
AUG

GET OUT THERE

Exploring our world is one of the great luxuries of the 21st century, even if the destinations are in our figurative backyards. Get inspired about your next chance to head out — or to simply step outside your comfort zone.

NOV
DEC

THE WHOLE YOU

Often when we think about health, we zero in on the physical aspects of who we are — but we are emotional and social, too. Wherever you are in your journey, we encourage you to join us in nurturing your mind, body, and spirit.

Experience Life