EDITORIAL CALENDAR 2027

JANUARY/FEBRUARY

LIVE ON PURPOSE

Bring intentionality to the new year by leaning into the passions and interests that align with your authentic desires and values. Plus, discover proven strategies that put true health and wellness at the forefront.

MARCH/APRIL

MIND YOUR MENTAL HEALTH

Research and surveys show that mental health and well-being are top priorities for many of us — especially Gen Z. This issue reminds us that taking care of the body and mind matters when it comes to real health and wellness.

MAY/JUNE

THE FOOD ISSUE

A reader favorite, our annual food issue is all about the many ways that food nourishes us, from what we eat to who we eat it with and where. Plus, find tasty recipes, kitchen and cooking tricks, culinary inspiration, and more.

JULY/AUGUST

EXPLORE YOUR EDGE

Embrace the spirit of summer and try something new — something that challenges you, something that changes you. In this issue, we delve into why stepping outside your comfort zone is where you often realize your potential.

SEPTEMBER/OCTOBER

FIND YOUR FOCUS

Fall is here, bringing with it a return to routine. With just four months left in the year, we offer ideas and strategies for committing to (or getting back on track with) the goals you've set for yourself.

NOVEMBER/DECEMBER

CONNECT WELL

As the end of the year approaches, we dig into the importance of relational health and its influence on our well-being. We also share creative ways to come together and celebrate another year with loved ones.