



editorial calendar



February

Health: Healthy Walking Workout
Health: Make 2009 Your Healthiest Year Ever
Beauty: Look 10 Years Younger
Food: Valentine's Day Chocolate



March

Health: Stronger Heart in 4 Weeks
Green Gardening
Spring Make-up
Spring Fashion



April

Health: Beat Belly Fat
Finding Best Life-saving Medical Care
Beauty: Fragrance
Beauty: Hair Health

May

Health: "I'm Going to Look Good in Shorts" Diet
Summer Fashion
Mother's Day: Food/Beauty

June

Health: Mediterranean Diet
Weight-bearing Exercises (1 pager with Osteoporosis)
Beauty: Safe Sun & Skin
Summer Entertaining Section: Food/Home (Grilling, Gardening)

July

Health: Osteoporosis
Weight-bearing Exercises
Beauty: Summer Hair (protecting it from the sun, how to style in the heat)
Summer Fashion

August

Health: Depression/Cancer Prevention Workbook (what we know now)
Beauty: Bring the Spa Home (bath and body products that deliver spa-quality results; do-it-yourself spa recipes)

September

Women's Health Guide or Family Health Guide: Food/Health
Fall Make-up
Fall Fashion

October

Health: Breast Cancer
Beauty: Fragrance
Beauty: Hair Color
Food & Crafts: Halloween

November

Health: Health Benefits of Massage
Beauty: Anti-Aging Skin Care
Winter/Holiday Fashion
Holiday Entertaining/Thanksgiving

December

Beauty: Holiday Beauty
Home: Holiday Décor
Food: Cookies
Food: Christmas Dinner

magazine info

**Subject to change*