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28	29	30	31 October articles distributed to email clients	1
4 11 Travel Tips for a Safe and Fun Vacation Labor Day	5	6	7	8
11 Fighting Fatigue: How to Sleep Better and Longer	12	13	14	15
18 Feeling Nutty? Here's Why You Should Add Nuts to Your Diet	19	20	21	22
25 Finding Purpose After Pain: Understanding the Grieving Process	26	27	28	29 November articles distributed to email clients



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2 Fall Prevention for Seniors: 6 Simple Home Exercises	3	4	5	6
9 Combat Memory Loss with These Brain-Boosting Foods	10	11	12	13
16 Take Time to Get Lost in a Story: 5 Book Genres for You to Enjoy	17	18	19	20
23 Step-by-Step Guide to Decluttering Your Home	24	25	26	27
30 8 Simple Activities to Enjoy with Your Grandkids	31 December articles distributed to email clients Halloween	1	2	3



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30	31 December articles distributed to email clients	1	2	3
6 How to Find a High-Quality Memory Care Facility	7	8	9	10
13 5 Delicious Soup Recipes That Are Packed With Vitamins and Minerals	14	15	16	17
20 Why You Should Incorporate Weightlifting In Your Routine	21	22	23 Thanksgiving Day	24
27 How to Make Friends After Retiring	28	29	30 January 2024 articles distributed to email clients	1