



| Monday  | Tuesday | Wednesday | Thursday  | Friday   |
|---|---------|-----------|---|--|
| 28  | 29      | 30        | 31<br><br>October articles distributed to email clients | 1  |
| 4<br>Are Built-In Bras Right for You? Here's What You Need to Know<br><br>Labor Day | 5       | 6         | 7   | 8  |
| 11<br>Pros and Cons of At-Home Laser Hair Removers                                  | 12      | 13        | 14  | 15   |
| 18<br>5 Tasty, Healthy Food and Wine Pairings                                       | 19      | 20        | 21  | 22   |
| 25<br>Are You Resilient? Key Elements You Can Practice Daily                        | 26      | 27        | 28  | 29<br><br>November articles distributed to email clients |



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|---|--|-----------|-----------|-----------|
| <b>2</b><br><br>Eat the Rainbow:<br>Why Vegetables<br>of Every Color<br>Belong on Your<br>Plate | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>6</b>  |
| <b>9</b><br><br>Full-Body Strength<br>Training: The Best<br>Moves for Each<br>Muscle            | <b>10</b>  | <b>11</b> | <b>12</b> | <b>13</b> |
| <b>16</b><br><br>Skincare<br>Buzzwords: From<br>Hyaluronic Acid to<br>Retinol                   | <b>17</b>  | <b>18</b> | <b>19</b> | <b>20</b> |
| <b>23</b><br><br>It's Pumpkin<br>Season! 5 Healthy<br>Fall Recipes You'll<br>Love               | <b>24</b>  | <b>25</b> | <b>26</b> | <b>27</b> |
| <b>30</b><br><br>Active Listening:<br>The Key to Better<br>Communication                        | <b>31</b><br><br><a href="#">December articles<br/>distributed to email<br/>clients</a><br><a href="#">Halloween</a> | <b>1</b>  | <b>2</b>  | <b>3</b>  |



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|--|--|-----------|--|--------|
| 30   | 31<br><br>December articles distributed to email clients | 1         | 2  | 3      |
| 6<br><br>7 Smart Side Dishes for a Healthy Thanksgiving    | 7  | 8         | 9  | 10     |
| 13<br><br>Defy Your Age with These Practical Skincare Tips | 14   | 15        | 16   | 17     |
| 20<br><br>How to Practice Self Compassion: A Guide         | 21   | 22        | 23<br><br>Thanksgiving Day                                   | 24     |
| 27<br><br>Keep Working Out In the Winter With These 6 Tips | 28   | 29        | 30<br><br>January 2024 articles distributed to email clients | 1      |