



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 5 Budget-Friendly Recipes for Health-Minded Women	8	9	10	11
14 Staying Hydrated Plays a Big Role in Healthy Skin: Here's Why	15	16	17	18
21 7 of the Best Meditation Retreats in the U.S.	22	23	24	25
28 All the Different Ways You Can Do Yoga	29 June 2025 articles distributed to email clients	30	1	2



Monday	Tuesday	Wednesday	Thursday	Friday
28	29 June 2025 articles distributed to email clients	30	1	2
5 9 Fruit-Filled Desserts to Make This Summer	6	7	8	9
12 Manual vs. Electric: Which Razor is Right for You?	13	14	15	16
19 Understanding Postpartum Depression: More than Baby Blues	20	21	22	23
26 Functional Workouts: Your Key to Everyday Well-Being Memorial Day	27	28	29 July 2025 articles distributed to email clients	30



Monday	Tuesday	Wednesday	Thursday	Friday
2 Delicious and Nutrient-Packed Recipes with Minimal Cleanup	3	4	5	6
9 Can Nighttime Skincare Promote Healthier Sleep?	10	11	12	13
16 Power Through or Take a Day Off? How to Handle the Challenging Mornings	17	18	19	20
23 Strength Training Exercises for Women	24	25	26	27 August 2025 articles distributed to email clients
30 Your Guide to Sun Protection This Summer	1	2	3	4