



Monday	Tuesday	Wednesday	Thursday	Friday
1 Prioritize Yourself This Season with These Self-Care Tips	2	3	4	5
8 Ultimate Guide to Medication Reminder Apps & Devices	9	10	11	12
15 Train Like an Explorer with These Expedition Routines	16	17	18	19 February 2026 articles distributed to email clients
22 Mood Food: 7 Feel-Good Picks Backed by Science	23	24	25	26
29 A Micro-Adventure for Each Quarter of the Year	30	31	1	2



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29	30	31	1	2
5 Curiosity Never Ages: How Wonder Keeps Your Mind Young	6	7	8	9
12 The 3S Method: A Calming Wellness Routine for Seniors	13	14	15	16
19 How to Make Personalized, AI-Driven Nutrition Work for You	20	21	22	23
26 10 Mini Goals to Combat Winter Blues	27	28	29	30 March 2026 articles distributed to email clients



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2 How Connection Shapes Cognitive Health	3	4	5	6
9 Fun Ways to Show Your Heart Some Love	10	11	12	13
16 Heartfelt Nutrition: Beyond Red Wine and Dark Chocolate	17	18	19	20
23 Cruise Without Compromise: Active Adventures at Sea	24	25	26	27 April 2026 articles distributed to email clients
2	3	4	5	6