



Monday	Tuesday	Wednesday	Thursday	Friday
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
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2 Social, Emotional, Mental Health Support for Seniors	3	4	5	6
9 Winter Adventures That Don't Require Skis	10	11	12	13
16 The Surprising Power of Flavor for Winter Wellness	17	18	19	20
23 Why Winter Travel Can Be Your Secret Advantage	24	25	26	27 May 2026 articles distributed to email clients
30 How to Burn Calories While Cleaning	31	1	2	3



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6 Tiny Habit Shifts That Give Your Brain a Boost	7	8	9	10
13 Improve Poise, Posture, and Balance with These Tips	14	15	16	17
20 Does Your Body Crave Different Foods Each Season?	21	22	23	24
27 How to Ease Back into a Social Schedule This Spring	28	29	30 June 2026 articles distributed to email clients	1