



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>6</b> Tiny Habit Shifts That Give Your Brain a Boost	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b> Improve Poise, Posture, and Balance with These Tips	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b> Does Your Body Crave Different Foods Each Season?	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> How to Ease Back into a Social Schedule This Spring	<b>28</b>	<b>29</b>	<b>30</b> <a href="#">June 2026 articles distributed to email clients</a>	<b>1</b>



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
<b>4</b> Why Low-Stakes Learning Is Brain Gold	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b> Small Physical Challenges That Rebuild Confidence	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>18</b> Eat Your Water This Summer	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>25</b> Experience the Joy of Temporary Events and Exhibits	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> July 2026 articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Attention Reset: Training Focus in a Distracted World	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b> What If Exercise Felt Like Play Again?	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b> GLP-1-Friendly Recipes that Keep You Full Longer	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b> The Best Summer Getaways for Seniors	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b> 5 Expert Tips for Staying Safe in the Heat	<b>30</b> <a href="#">August 2026 articles distributed to email clients</a>	<b>1</b>	<b>2</b>	<b>3</b>