



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
6 Lifestyle Choices That Support GLP-1 and Metabolic Health	7	8	9	10
13 How to Take Advantage of Last-Minute Cruise Deals	14	15	16	17
20 Why Conversation Is Your Best Mental Workout	21	22	23	24
27 Hiking, Tai Chi, and Flow for Mindful Movement	28	29	30	31 September 2026 articles distributed to email clients



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27	28	29	30	31
3 Smart Meals for Seniors Using GLP-1s	4	5	6	7
10 Senior Vacation Destinations With Culture, History, and Nature	11	12	13	14
17 How Analog Hobbies Can Improve Senior Brain Health	18	19	20	21
24 Community Fall Fitness Ideas to Shake Up Your Routine	25	26	27	28 October 2026 articles distributed to email clients
31 Combat Memory Loss with These Brain-Boosting Foods	1	2	3	4



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31	1	2	3	4
7 The Great American Road Trip, Reimagined	8	9	10	11
14 The Mental Art of Letting Go	15	16	17	18
21 Fitness Goals That Aren't About Weight or Steps	22	23	24	25
28 The Cognitive Value of Sharing What You've Learned	29	30 November 2026 articles distributed to email clients	1	2