

Social Media Calendar - OAND 2015

January 2015							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan	3-Jan
Twitter Topic					Happy New Year	Preparing for Pregnancy	Insomnia
Keywords						#OANDCON2014	
Featured Blog						Chistopher Sawton ND	Andrea Hornyak COLUMN: Insomnia & sleeplessness is
Facebook Topic					Hangover Tips	Detox	Pregnancy Dreams
Featured Blog							
	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Twitter Topic	Flu Vaccinations	Winter Pain	Detoxing	Winter Ailments	Role of Naturopathic Medicine	Winter Heath with Herbs	Reflexology
Keywords							
Featured Blog							
Facebook Topic	Flu Vaccinations		Detoxing			Herbs for Winter Health	
Featured Blog							
	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Twitter Topic		Yoga in The Winter		Natural Remedies for Winter Ailments	Vitamin D Deficiency	Eating Fruit in Winter	Flu Shots
Keywords							
Featured Blog							

Facebook Topic		Nasty Winter Colds	Prevent and Treat Colds and Flu		Yoga in The Winter		Winter & Vitamin D
Featured Blog							
	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
Twitter Topic	Coughs- Winter Season	Winter Hydration	Tummy Troubles	The Nature of Naturopathic Medicine		Winter Health	
Keywords							
Featured Blog							
Facebook Topic	Flu Shots	Healthy Winter Eating		Tea For Health		Juice in Winter	
Featured Blog							
	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
Twitter Topic	Winter Weight Loss	Winter Skin Problems	Fish Oil	#BellLetsTalk #MentalHealth	Iron Deficiency	Constipation	Jet Lag
Keywords							
Featured Blog							
Facebook Topic				#BellLetsTalk #MentalHealth		Strep Throat	Food For Sore Joints
Featured Blog							

February 2015							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Twitter Topic	Heart Disease Month	Eating Disorders Awareness Week	Seasonal Affective Disorder	World Cancer Day	Women & Mental Health	Heart & Healthy Eating	
Keywords							
Featured Blog							

Facebook Topic	Heart Disease Month	Eating Disorders Awareness Week	Heart & Healthy Eating	World Cancer Day	Congestive Heart Failure	Iron Deficiency	
Featured Blog							
	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Twitter Topic	Strep Throat	High Blood Pressure	Aspirin Side Effects	Heart Disease Month	Food For Memory Improvement	Tension Headache	Food For Sore Throat
Keywords							
Featured Blog							
Facebook Topic	Tension Headache	Seasonal Affective Disorder	Women & Mental Health	Heart Disease Month	Heart & Healthy Eating	Sleep Apnea	High Blood Pressure
Featured Blog							
	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
Twitter Topic	Weakness and Fatigue	Family Day	Heart Health for Women	Fatigue & Muscle Pain	Fibromyalgia	Fatigue & Nausea	Rheumatoid Arthritis
Keywords							
Featured Blog							
Facebook Topic	Body Ache You Shouldn't Ignore ...	Family Day	Chronic Fatigue Syndrome	Heart Month	Weakness and Fatigue	Brain Fog	Fibromyalgia
Featured Blog							
	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Twitter Topic	Chronic Fatigue Syndrome	Food For Sore Joints	Fatigue & Heart Disease	Congestive Heart Failure	Hypothyroidism	Heart Month	Brain Fog
Keywords							
Featured Blog							
Facebook Topic	Heart Health for Women	Fatigue & Nausea	Rheumatoid Arthritis (RA)	Aspirin Side Effects	Fatigue & Heart Disease	Congestive Heart Failure	Fatigue & Headaches
Featured Blog							

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March 2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
Twitter Topic	Endometriosis Awareness Month	Fatigue & Headaches	National Kidney Month	Help Fight Liver Disease Month	Fatigue & Headache During Pregnancy	Urinary Tract Infection	Fatigue & Weight Gain
Keywords							
Featured Blog							
Facebook Topic	Endometriosis Awareness Month	Hypothyroidism	National Kidney Month	Help Fight Liver Disease Month		Fatigue & Depression	Fatigue & Headache During Pregnancy
Featured Blog							
	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
Twitter Topic	International Women's Day	World Glaucoma Week	Brain Awareness Week	Fatigue & Sore Throat	Gallstones	National Colorectal Cancer Awareness Month	Why Am I So Tired?
Keywords							
Featured Blog							
Facebook Topic	International Women's Day	World Glaucoma Week	Brain Awareness Week	Urinary Tract Infection		National Colorectal Cancer Awareness Month	Fatigue & Depression
Featured Blog							
	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
Twitter Topic	Stress & Fatigue	National Kidney Month	Stress & Anxiety	Fatigue & Depression	Endometriosis Awareness Month	Spring Health	Stress & Weight Gain
Keywords							
Featured Blog							
Facebook Topic	Fatigue & Sore Throat	National Kidney Month	Adrenal Fatigue	Gallstones	Endometriosis Awareness Month	Stress & Fatigue	Spring Health

Featured Blog							
	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
Twitter Topic	World Water Day	Food for Spring Health	World Tuberculosis Day	Help Fight Liver Disease Month	Purple Day - The Global Day of Epilepsy Awareness	Adrenal Fatigue	
Keywords							
Featured Blog							
Facebook Topic	World Water Day		World Tuberculosis Day	Help Fight Liver Disease Month	Purple Day - The Global Day of Epilepsy Awareness	Stress & Weight Gain	
Featured Blog							
	29-Mar	30-Mar	31-Mar				
Twitter Topic	Sleep	Stress & Hair Loss	Stress & Pregnancy				
Keywords							
Featured Blog							
Facebook Topic	Stress & Hair Loss	Stress & Anxiety					
Featured Blog							

April 2015							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr	3-Apr	4-Apr
Twitter Topic				Rosacea Awareness Month	World Autism Awareness Day	Acid Reflux	Stress Management
Keywords							
Featured Blog							
Facebook Topic				Rosacea Awareness Month	World Autism Awareness Day	Stress & Pregnancy	Food for Spring Health

Featured Blog							
	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
Twitter Topic	Irritable Bowel Syndrome (IBS) Awareness Month	Psoriasis	World Health Day	Stress and Memory	Parkinson's Awareness Month	Food For Stress	Dry Mouth (Xerostomia)
Keywords							
Featured Blog							
Facebook Topic	Irritable Bowel Syndrome (IBS) Awareness Month	Stress Management	World Health Day	Food For Stress	Parkinson's Awareness Month	Acid Reflux	Stress and Memory
Featured Blog							
	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
Twitter Topic	Stress and Cancer	Healing Power of Laughter	Naturopathy & Stress	Chronic Pain	Spring Allergies	World Hemophilia Day	
Keywords							
Featured Blog							
Facebook Topic	Psoriasis	Stress and Cancer	Dry Mouth (Xerostomia)	Naturopathy & Stress	Chronic Pain and Fatigue	World Hemophilia Day	
Featured Blog							
	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
Twitter Topic	Chronic Pain and Fatigue	Vegan Diet	Chronic Pain and Depression	Earth Day	Chronic Pain and Diet	Connecting with an ND	Chronic Pain and Trauma
Keywords							
Featured Blog							
Facebook Topic	Spring Allergies	Chronic Pain and Diet	Connecting with an ND	Earth Day	Vegan Diet	Chronic Pain and Fatigue	
Featured Blog							
	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr		

Twitter Topic	Sleep Apnea	Chronic Pain and Mental Health		Chronic Pain and Exercise	Anti-Inflammatory Foods		
Keywords							
Featured Blog							
Facebook Topic	Chronic Pain and Depression	Anti-Inflammatory Foods	Chronic Pain and Exhaustion	Sleep Apnea	Chronic Pain and Exercise		
Featured Blog							

May 2015							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1-May	2-May
Twitter Topic						Chronic Pain and Exhaustion	Arthritis
Keywords							
Featured Blog							
Facebook Topic						Connecting with an ND	Chronic Pain and Mental Health
Featured Blog							
	3-May	4-May	5-May	6-May	7-May	8-May	9-May
Twitter Topic	Chronic Pain and Endometriosis	Melanoma Monday	World Asthma Day	Chronic Pain and Meditation	Mental Health Week		Chronic Pain and Yoga
Keywords							
Featured Blog							
Facebook Topic		Melanoma Monday	World Pulmonary Hypertension Day	Chronic Pain and Endometriosis	Mental Health Week	Chronic Pain and Meditation	Arthritis
Featured Blog							
	10-May	11-May	12-May	13-May	14-May	15-May	16-May

Twitter Topic		Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week
Keywords							
Featured Blog							
Facebook Topic		Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week	Naturopathic Medicine Week
Featured Blog							
	17-May	18-May	19-May	20-May	21-May	22-May	23-May
Twitter Topic	Naturopathic Medicine Week	Chronic Pain and Massage Therapy	Healthy Nutrition	World Autoimmune Arthritis Day	Chronic Pain and Stress Management	Crohn's Disease	Herbs for Pain
Keywords							
Featured Blog							
Facebook Topic	Naturopathic Medicine Week	Bursitis	Chronic Pain and Massage Therapy	World Autoimmune Arthritis Day	Healthy Nutrition	Coping with Chronic Pain	
Featured Blog							
	24-May	25-May	26-May	27-May	28-May	29-May	30-May
Twitter Topic		Coping with Chronic Pain	Bursitis	Neuropathic Pain	Tendinitis	Colic in Babies	Eczema
Keywords							
Featured Blog							
Facebook Topic	Chronic Pain and Stress Management	Herbs for Pain	Eczema	Colic in Babies	Crohn's Disease	Neuropathic Pain	Bursitis
Featured Blog							

June 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun

Twitter Topic	Posttraumatic Stress Disorder	Canadian Environment Week	National Sun Awareness Week	Weight Loss for Summer	Fertility	Clean Air Day	Naturopathic Medicine
Keywords							
Featured Blog							
Facebook Topic	Tendinitis	Canadian Environment Week	National Sun Awareness Week	Walking for Your health	Posttraumatic Stress Disorder	Clean Air Day	Summer Diets
Featured Blog							
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Twitter Topic	Strawberries for Your Health	Summer Diets	Summer and Stress	Stroke Awareness Month	Walking for Your health	Agoraphobia	Summer Fatigue
Keywords							
Featured Blog							
Facebook Topic	Fertility	Weight Loss for Summer	Colic in Babies	Stroke Awareness Month	Fitness Myths & Tips	Summer and Stress	
Featured Blog							
	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
Twitter Topic	Vitamins for Summer	Fitness Myths & Tips	Insect Bites	Minimizing Chronic Pain during The Summer	Motion Sickness	Summer Dehydration	Sunburn
Keywords							
Featured Blog							
Facebook Topic	Agoraphobia	Summer Fatigue	Vitamins for Summer	Summer Dehydration	Sunburn	Insect Bites	Minimizing Chronic Pain during The Summer
Featured Blog							
	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
Twitter Topic	Summer Colds	Indigestion	Heat - Induced Headaches	Baby Ailments	Hayfever	Yoga for the Summer	Summer Allergies
Keywords							
Featured Blog							

Facebook Topic	Motion Sickness	Summer Allergies	Yoga for the Summer	Hayfever		Baby Ailments	Hayfever
Featured Blog							
	28-Jun	29-Jun	30-Jun				
Twitter Topic	World Hepatitis Day	World Scleroderma Day					
Keywords							
Featured Blog							
Facebook Topic	World Hepatitis Day	World Scleroderma Day					
Featured Blog							

July 2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Jul	2-Jul	3-Jul	4-Jul
Twitter Topic							
Keywords							
Featured Blog							
Facebook Topic							
Featured Blog							
	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Twitter Topic							
Keywords							
Featured Blog							
Facebook Topic							

