



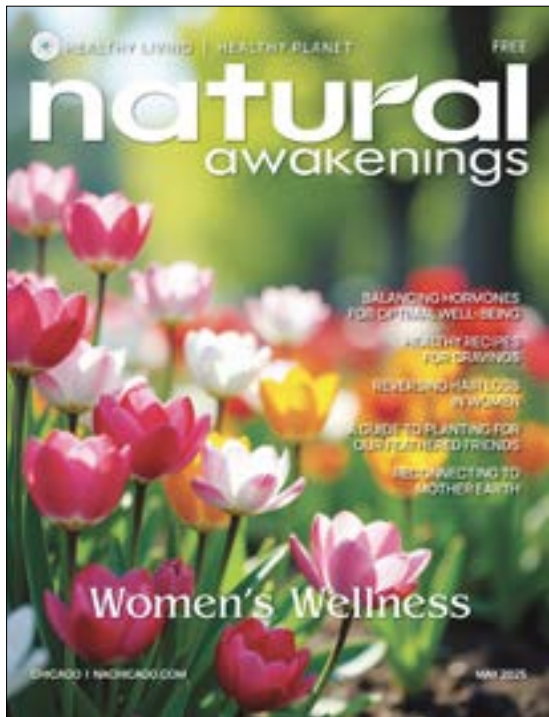
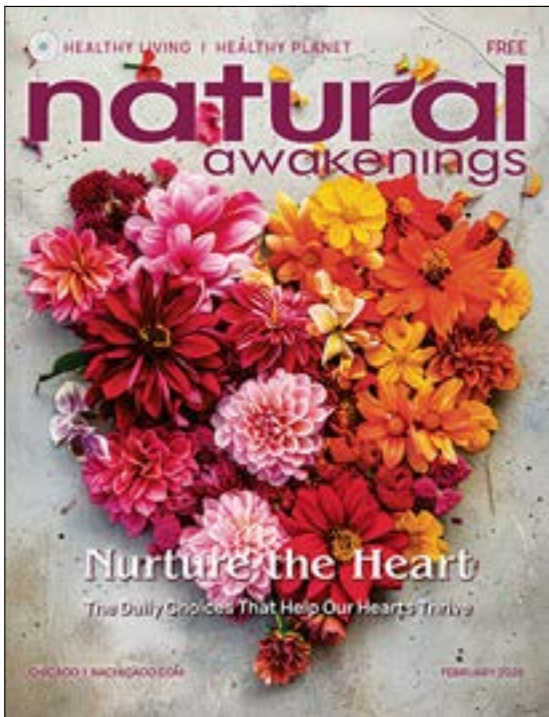
natural

awakenings
chicago

HEALTHY LIVING | HEALTHY PLANET
Magazines and Multi-Platform Media Brand

2026 MEDIA KIT

2026 OUR AUDIENCE



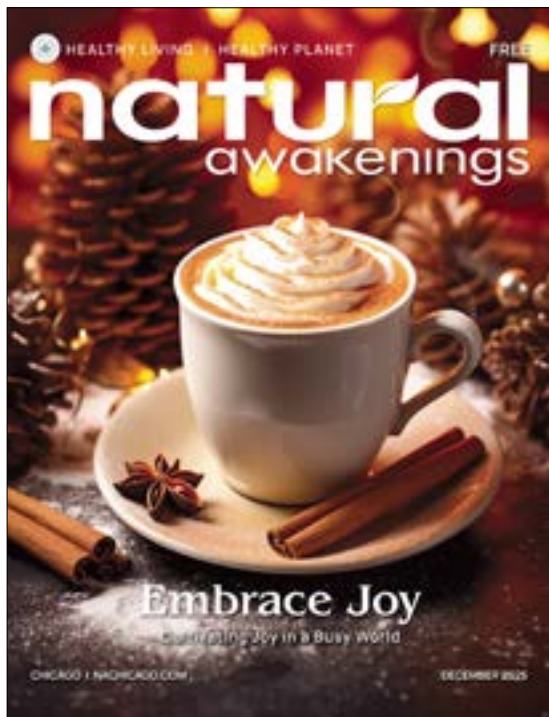
TOTAL PRINT READERSHIP
25,000+

DISTRIBUTION
850+ LOCATIONS

DIGITAL MEDIA
10,000+ FOLLOWERS

THE DIGITAL VERSION OF OUR MAGAZINE, WHICH IS A MIRROR COPY OF OUR PRINT MAGAZINE, FEATURES LIVE LINKS AND IS EMAILED TO OUR DIGITAL SUBSCRIBERS EACH MONTH

DIGITAL EDITION |
E-NEWSLETTER |
FACEBOOK | INSTAGRAM |
TWITTER | YOUTUBE



2026 WHO WE ARE



ABOUT OUR READERS

66% HAVE BEEN READERS FOR MULTIPLE YEARS

45% SHARE THEIR MONTHLY COPY WITH
3+ ADDITIONAL READERS

74% ARE FEMALE

49% ARE BETWEEN **35** & **44** YEARS OF AGE
LESS THAN **3%** ARE BETWEEN **18-20.5**
AND **16%** ARE AGES **21-24**

60% HAVE ONE OR MORE COLLEGE DEGREES

89% PURCHASE HEALTHY OR ORGANIC FOOD FOR
THEIR FAMILY AND PETS

78% ARE ACTIVELY SEEKING ALTERNATIVE HEALING
MODALITIES, ORGANIC PRODUCTS AND
PLANT MEDICINE

52% ATTEND SPIRITUAL OR HEALING EVENTS

56% ATTEND EXERCISE OR FITNESS EVENTS

2026 THE EDITORIAL PILLARS

EACH MONTH YOUR BUSINESS IS AMONG CUTTING-EDGE INFORMATION IN NATURAL HEALTH, NUTRITION, FITNESS, PERSONAL GROWTH AND GREEN LIVING EDITORIALS.



**HEALTHY
MIND**



**HEALTHY
BODY**



**HEALTHY
PLANET**

2026

NATURAL AWAKENINGS

MAGAZINE EDITORIAL CALENDAR

January

Whole-Person
Health & Wellness

February

Nurture the Heart

March

Nourish & Flourish

April

Sustainable Together

May

Vitality Her Way

June

Men Built to Thrive

July

Good Vibes,
Great Outdoors

August

Building Healthy Foundations

September

Inner Balance

October

How Healing Works

November

Rooted in Gratitude

December

Living Generously

NATURAL AWAKENINGS DEPARTMENTS:

News Briefs

Health Briefs

Global Briefs

Eco Tip

Feature Story

Wise Words

Conscious Eating

Inspiration

Green Living

Fit Body

Healing Ways

Healthy Kids

Natural Pet

natural
awakenings

2026 WHERE TO FIND US



FOUND IN OVER **850 LOCATIONS**
IN THE CITY OF CHICAGO AND THROUGHOUT COOK, DUPAGE, LAKE AND MCHENRY COUNTIES.

REACH OUR AFFLUENT, WELL-EDUCATION AND HEALTH-CONSCIOUS READERS WHO ARE EAGERLY SEEKING RESOURCES THAT WILL IMPROVE THEIR HEALTH AND WELL-BEING.

DISTRIBUTION NEAR YOU

WITH WIDE DISTRIBUTION THROUGHOUT CHICAGOLAND, NATURAL AWAKENINGS IS PICKED UP EACH MONTH in:

ALGONQUIN
ARLINGTON HEIGHTS
BANNOCKBURN
BARRINGTON
BARTLETT
BERWYN
BLOOMINGDALE
BUFFALO GROVE
BROOKFIELD
CAROL STREAM
CARY
CHICAGO
CICERO
CRYSTAL LAKE
DEERFIELD
DES PLAINES
DOWNERS GROVE
ELK GROVE VILLAGE
ELMHURST
ELMWOOD PARK
EVANSTON
FOREST PARK
FOX RIVER GROVE
FRANKLIN PARK
GLENCOE

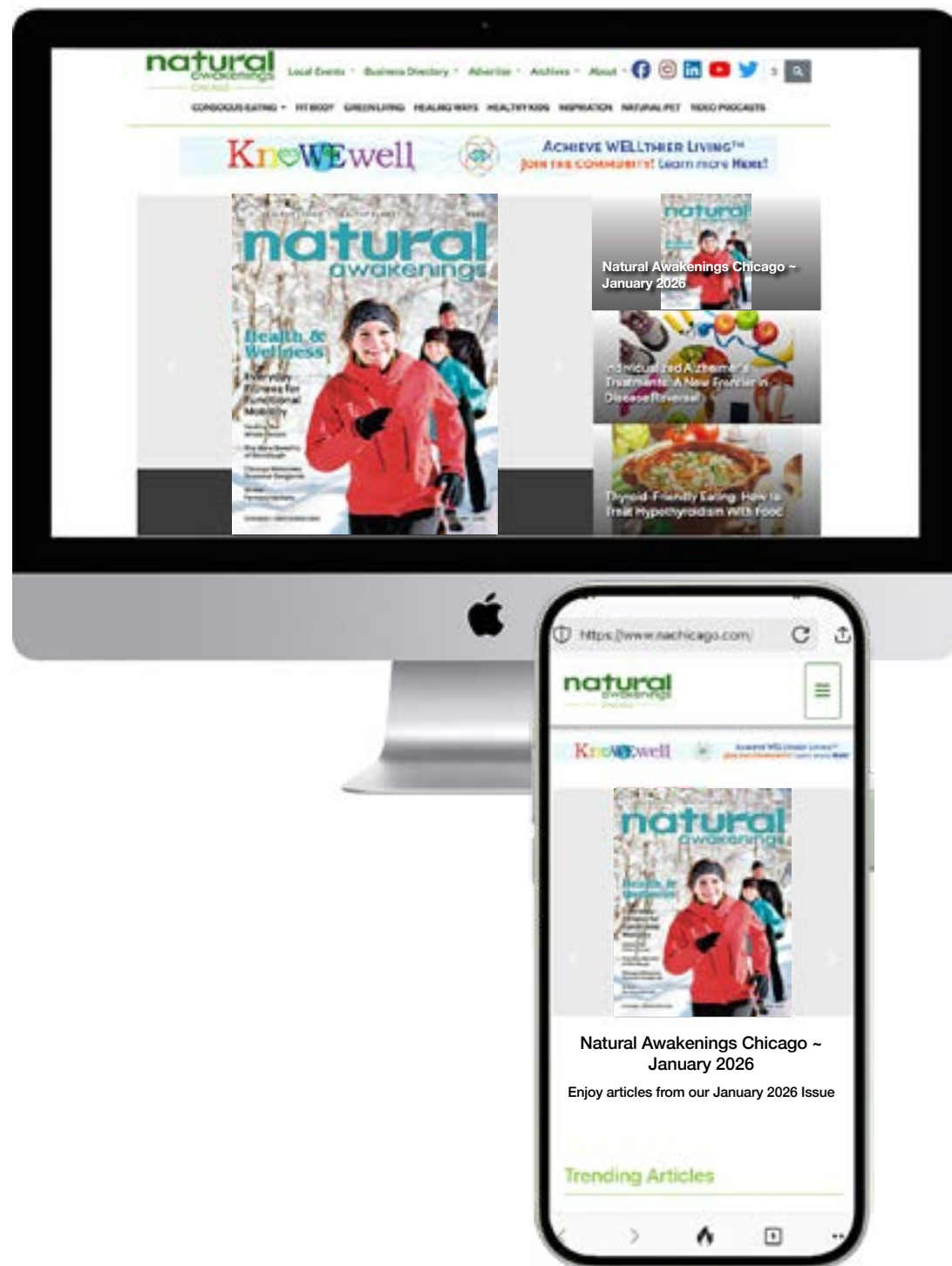
GLENDAL HEIGHTS
GLENVIEW
GURNEE
GRAYSLAKE
HARWOOD HEIGHTS
HIGHLAND PARK
HIGHWOOD
HOFFMAN ESTATES
JOHNSBURG
LAKE BLUFF
LA GRANGE
LAKE BARRINGTON
LAKE FOREST
LAKE VILLA
LAKE ZURICH
LIBERTYVILLE
LINCOLNWOOD
LOMBARD
MCHENRY
MELROSE PARK
MORTON GROVE
MT. PROSPECT
MUNDELEIN
NAPERVILLE
NILES

NORTHBROOK
NORTHFIELD
OAKBROOK
OAK PARK
PALATINE
PARK RIDGE
PROSPECT HEIGHTS
RIVER FOREST
RIVER GROVE
RIVERSIDE
ROSELLE
SCHAUMBURG
SCHILLER PARK
SKOKIE
SO. BARRINGTON
STREAMWOOD
VERNON HILLS
WESTMONT
WHEATON
WHEELING
WILMETTE
WINFIELD
WINNETKA

... AND MORE

- HEALTH FOOD STORES & MARKETS
- FOOD CO-OPS
- VITAMIN & HERB SHOPS
- RETAIL STORES
- RESTAURANTS, CAFES AND COFFEE SHOPS
- HOLISTIC CLINICS & CENTERS
- PRACTITIONER OFFICES
- FITNESS CENTERS
- RECREATIONAL CENTERS
- SPAS & RETREAT CENTERS
- NONPROFIT ORGANIZATIONS
- PUBLIC LIBRARIES
- SCHOOLS & EDUCATIONAL CENTERS
- BOOKSTORES
- TRAIN STATIONS
- AND MANY OTHER LOCATIONS

2026 DIGITAL



WE INTEGRATE YOUR PRINT CAMPAIGN
WITH OUR DIGITAL PLATFORM TO
SUPPORT YOUR BRAND

INCLUDES:

Interactive Digital Magazines
Home Page Editorial
Archived Editorial
Healthy Living Offers and Deals
Calendar Event Listing
Social Media Posts
Email Newsletter

All of the above comes with Integrated Marketing Packages

Custom Digital Ads and Webinars are Available

ASK ABOUT Our Digital Media Service Offerings

2026 OUR RATES

COMMUNITY RESOURCE GUIDE

12 MONTH MINIMUM
Heading, 4 Lines Contact Info, 50 Words, Photo or Logo
12 Months \$77.50/mo
Advertisers \$49/mo
Extra Words \$1/ea
Additional Items \$4/ea

CALENDAR LISTINGS

Advertisers **Up to 5 Free Listings/mo**
CRG Advertisers **Up to 2 Free Listings/mo**
Distribution Sites **1 Free Listing/mo**
Non-Advertisers **\$20/ea Listing**
Listings must be submitted by the 10th of the prior month of publication to NACHicago.com/calendar or emailed to Editor@NACHicago.com

SAVE THE DATE & MARK YOUR CALENDAR LISTINGS
Promote Special Events and Future Events with a Highlighted Listing
\$39 for Events Costing Less than \$100
\$50 for Events Costing \$100-\$299
\$70 for Events Costing \$300 and Over

CLASSIFIED LISTINGS

3 MONTH MINIMUM
\$25 for up to 25-word listing, then **\$1/extra word**. Must be pre-paid.
Email listing, including billing contract information by the 10th of the month prior to publication to Editor@NACHicago.com

DEADLINES

Ad, CRG, Calendar and Classified Deadline is the 10th of the prior month.
Requests for changes to existing ads also must be received via email by the 10th of the month.
Website Calendar Listings may be entered at any time.
Ask Your Marketing Representative for Online List Pricing.
Print Ad Design and Layout: If needed, initial Ad Design/Layout fees are listed above. Subsequent Ad Design/Layout changes will be billed at \$20 per 15 mins of design time. Minimum charge is \$20.

PRINT AD RATES

SIZE	12 MONTHS 25% Discount	6 MONTHS 15% Discount	1-5 MONTHS	DESIGN
Full Page	\$838	\$933	\$1075	\$200
2/3 Page	\$670	\$743	\$852	\$150
1/2 Page	\$535	\$593	\$680	\$150
1/3 Page	\$379	\$419	\$480	\$75
1/4 Page	\$329	\$363	\$414	\$75
1/6 Page	\$280	\$307	\$348	\$50
Business Card	\$187	\$205	\$232	\$35

PREMIUM POSITIONING FULL PAGE ADS

Inside Front	\$964	\$1073	\$1236	\$200
Page 3	\$1006	\$1120	\$1290	\$200
Page 4 & 5	\$922	\$1026	\$1183	\$200
Inside Back	\$922	\$1026	\$1183	\$200
Outside Back	\$1089	\$1213	\$1398	\$200

*Pricing is based on consecutive month placement in *Natural Awakenings* Chicago magazine.

2026 OUR MISSION



We aspire to resonate peace through every aspect of the organization. Our mission is to inspire our readers to live peaceful, energetic and joy-filled lives by leading physically, mentally, emotionally and environmentally balanced lifestyles while contributing to the well-being of humanity, animals and the planet.

CONTACT:

Natural Awakenings Chicago

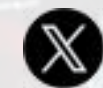
Peggy Malecki *Publisher*
847-858-3697
Peggy@NACHicago.com
NACHicago.com



facebook.com/nachicago



instagram.com/nachicago



twitter.com/nachicago



linkedin.com/nachicago

PHOTO BY ETHAN GLADING

natural
awakenings chicago JANUARY 2026