

Join Us: January 2024's Community Events

Monthly Theme: **Thriving through Habit Building**

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

Elevate your workspace wellness with the **Community Burn: Ignite and Thrive Fitness Challenge**, where teams transform ordinary steps into an extraordinary journey of corporate camaraderie and victory, starting Jan 15th!



Let's Talk: Science of Habit Formation

3:30 pm ET · Coach Elizabeth Markie [Register Here](#)



Meditation: Harnessing Vitality & Healthy Habits

12:30 pm ET · Coach Laura Saltman [Register Here](#)



Meditation: Rewiring Habits with Affirmations

8:00 am ET · Coach Corene Summers [Register Here](#)



Meditation: Breaking Free from Overthinking

3:30 pm ET · Coach Kristen Eykel [Register Here](#)



Workshop: Nourishment for a Thriving Life

12:30 pm ET · Coach Lars Bodenheimer [Register Here](#)



Workshop: Nurturing Family Bonds through Habits

3:30 pm ET · Coach Gerald Gonzales [Register Here](#)



Workshop: Elevate Your Workday with Powerful Habits

12:30 pm ET · Coach Andy Lee [Register Here](#)



Meditation: Quiet Your Mind, Transform Your Habits

3:30 pm ET · Coach Selena Lael [Register Here](#)



Workshop: The Goal-Habit Connection

3:30 pm ET · Coach Selena Lael [Register Here](#)



Workshop: A Million Dollar Morning Routine

12:30 pm ET · Coach Corene Summers [Register Here](#)

Celebrating Financial Wellness Month



Workshop: Cultivate Healthy Spending with Mindfulness

12:30 pm ET · Coach Holly Morpew [Register Here](#)

