

Join Us: April 2024's Community Events

Monthly Theme: **Relieving Stress & Relaxing**

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

Elevate your workspace wellness by encouraging your team to join our community challenges in April!

- **Community Challenge: Strides to Stress Relief** will be taking place from April 1st - 30th, join [here](#).
- **Community Challenge: 5 Days to De-Stress with John Siddique** will be taking place from April 15th - 19th, join [here](#).

Join Our Monthly Theme: **Relieving Stress & Relaxing**



Workshop: Intuitive Eating As a Gateway to Stress Relief
12:30 pm ET · Coach Tessa Spisak
[Register Here](#)



Yoga: Stress Relief
11:00 am ET - Coach Wenlin Tan
[Register Here](#)



Meditation: S.T.O.P. Technique for Peaceful Presence
8:00 am ET - Coach Corene Summers
[Register Here](#)



Workshop: Understanding the Stress-Weight Equation
12:30 pm ET · Jenny Jaucian
[Register Here](#)



Meditation: The Power of 5-4-3-2-1 for Instant Calm
3:30 pm ET - Coach Kristen Eykel
[Register Here](#)



Workshop: Journaling Your Stress Away
3:30 pm ET - Coach Laura Saltman
[Register Here](#)



Workshop: Everyday Indoor Stress Relief Activities
12:30 pm ET - Coach Andy Lee
[Register Here](#)

Recognizing **Financial Literacy Month**



Workshop: Retirement Planning for Beginners
12:30 pm ET · Coach Victoria Zacchilli
[Register Here](#)



Workshop: Commandments of Money Management
3:30 pm ET · Coach Adam Kol
[Register Here](#)

