

August Monthly Community Activities from Wellness Coach

This month, we're tapping into imagination, curiosity, and self-expression. Let's explore new ways to think, create, and grow.

Monthly Theme: **Unlock Your Creative Potential**

Community Challenge:



August's Community Challenge:

Biohack Your Best Self: 21 Days to Optimize YOU

Biohacking means working *with* your body and brain to feel your best, using small, science-backed shifts that create big results.

 **August 3 – 24, 2025**

Some of our workshops and meditations:



Workshop: Using Vision Boarding for Creativity



Let's Talk: The Neuroscience of Boredom and Big Ideas



Workshop: The 7 Types of Rest for Creative Recharge

We are also:

Recognizing World Humanitarian Day & Women's Equality Day

[Access Flyers here](#)