

# July's Wellness Coach's Monthly Community Activities

This month is all about strengthening your mindset, adapting through challenges, and coming back even stronger, together.


Monthly Theme: **Build Resilience and Bounce Back Stronger**

## Community Challenge:



July's Community Challenge:  
**Real-Life Level Up:  
Achieve Your IRL  
Superpowers**

This 7-day challenge helps you strengthen your ability to adapt, recover, and thrive in the face of life's challenges.

 **July 14 – 20, 2025**

***\*For this month, we're building a special guide to honor the strength it takes to be resilient.***

## Some of our workshops and meditations:



**Meditation: Embracing Change with an Open Mind**



**Meditation: Finding Inner Peace in Difficult Times**



**Workshop: Finding Your Voice in Difficult Conversations**

## We are also:

**Celebrating International Day of Friendship**

[\*\*Access Flyers here\*\*](#)