

June's Wellness Coach's Monthly Community Activities

This month, we're focusing on the power of community when we support and uplift one another, we all thrive. Let's grow stronger together, one act of kindness, encouragement, and connection at a time."

Monthly Theme: ***Thrive Together to Lift Each Other***

Community Challenge:



June's Community Challenge:

Lend a Hand, Lift a Heart Challenge

Each day, a guided meditation will help you reflect on how you show up for others, through attention, generosity, and meaningful conversations.

 **June 9 – 18, 2025**

Some of our workshops and meditations:



Workshop: Building a Culture of Encouragement & Collaboration



Meditation: Gratitude for the People Around You



Workshop: Building Trust and Connection in Everyday Life

We are also:

Recognizing World Environment Day & Juneteenth

[Access Flyers here](#)