

September Monthly Community Activities from Wellness Coach

This month, we're reconnecting with the natural world to restore balance and well-being. Let's step outside, slow down, and let nature nurture our mind, body, and soul.

Monthly Theme: **Nurture Yourself with Nature**

Community Challenge:



September's Community Challenge:

Breathe in the Outdoors: Nature's Wellness Boost

Join us in a 14-day challenge of nature-inspired meditations to calm your nervous system, sharpen your focus, and restore balance.



September 7 – 20, 2025

Some of our workshops and meditations:



**Workshop: What Nature Teaches
Us About Resilience**



**How to Support Hispanic/Latinx
Communities**



**Meditation: Gratitude for the
Earth**

We are also:

**Celebrating Hispanic Heritage Month, World Heart
Day & World Gratitude Day**

[Access Flyers here](#)