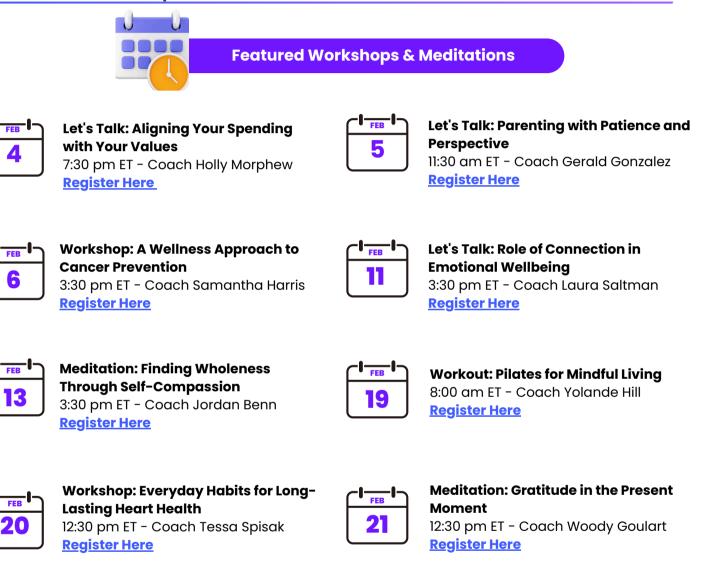


## Join Us: February 2025's Community Events

## Monthly Theme: Unlock the Secrets to Wholehearted Living

Join our coaches in group coaching sessions, featuring meditations, fitness sessions, let's talks, and workshops.





Meditation: Nurture Your Heart with Calm and Clarity 12:30 pm ET - Coach Jennifer Janelle <u>Register Here</u>



Let's Talk: Celebrating Whole Foods for Wholehearted Living 12:30 pm ET - Coach Roberto Alonso-Plaza <u>Register Here</u>

