

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.



Featured Workshops & Meditations



Let's Talk: Aligning Your Spending with Your Values

7:30 pm ET - Coach Holly Morphew

[Register Here](#)



Let's Talk: Parenting with Patience and Perspective

11:30 am ET - Coach Gerald Gonzalez

[Register Here](#)



Workshop: A Wellness Approach to Cancer Prevention

3:30 pm ET - Coach Samantha Harris

[Register Here](#)



Let's Talk: Role of Connection in Emotional Wellbeing

3:30 pm ET - Coach Laura Saltman

[Register Here](#)



Meditation: Finding Wholeness Through Self-Compassion

3:30 pm ET - Coach Jordan Benn

[Register Here](#)



Workout: Pilates for Mindful Living

8:00 am ET - Coach Yolande Hill

[Register Here](#)



Workshop: Everyday Habits for Long-Lasting Heart Health

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Meditation: Gratitude in the Present Moment

12:30 pm ET - Coach Woody Goulart

[Register Here](#)



Meditation: Nurture Your Heart with Calm and Clarity

12:30 pm ET - Coach Jennifer Janelle

[Register Here](#)



Let's Talk: Celebrating Whole Foods for Wholehearted Living

12:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)

