

Join Us: January 2025's Community Events

Monthly Theme: **Build Habits For a Happier and Stronger 2025**

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



Featured Workshops, Yoga & Meditations



Meditation: Turning the Page to New Possibilities

12:30 pm ET - Coach Jennifer Jannelle

[Register Here](#)



Meditation: Awaken Your Year with Intention

8:00 am ET - Coach Corene Summers

[Register Here](#)



Let's Talk: The Power of a Morning Routine

5:30 pm ET - Coach Laura Saltman

[Register Here](#)



Let's Talk: Power Up with Easy Health Habits

12:30 pm ET - Coach Wellington Oliviera

[Register Here](#)



Let's Talk: Simple Steps to Better Sleep

12:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Yoga: Flow into 2025 with Joy and Purpose

12:30 pm ET - Coach Wenlin Tan

[Register Here](#)



Stretch: Desk-Friendly Exercises for Office Workers

11:00 am ET - Coach Yolande Hill

[Register Here](#)



Workshop: Building Your Financial Roadmap for Success

3:30 pm ET - Coach Victoria Zacchilli

[Register Here](#)



Let's Talk: Eating Well on a Busy Schedule

3:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Meditation: Embracing New Beginnings with Gratitude

3:30 pm ET - Coach Kristen Eykel

[Register Here](#)

