

# Join Us: July 2024's Community Events

Monthly Theme: **Managing Digital Distractions and Screen Time**

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

Dive into the Wellness Coach app for this exciting challenge - The Freedom to Move!



## Featured Workshops & Meditations



### Workshop: Unlocking Productivity with 3 Techniques

3:30 pm ET - Coach Jeffrey Arroyo

[Register Here](#)



### Meditation: Finding Center in a Digitally Connected World

8:00 am ET - Coach Laura Saltman

[Register Here](#)



### Workshop: Breaking Free from Digital Overload

12:30 pm ET - Coach Corene Summers

[Register Here](#)



### Workshop: Community Building in the Digital Sphere for Wellness

3:30 pm ET - Coach Selena Lael

[Register Here](#)



### Meditation: Reconnecting with Your True Self

8:00 am ET - Coach Corene Summers

[Register Here](#)



### Workshop: Reclaiming Focus in a Digital World

12:30 pm ET - Coach John Siddique

[Register Here](#)

## Celebrating Self-Care Month & Social Wellness Month



### Workshop: Self-Care through Mindful Eating

12:30 pm ET - Coach Jenny Jaucian

[Register Here](#)



### Yoga: Embracing Relaxation and Self-Care

11:00 am ET - Coach Wenlin Tan

[Register Here](#)



### Workshop: Cultivating Self-Care Practices for Managing Work, Family, and Caregiving in the Sandwich Generation

12:30 pm ET - Gerald Gonzales

[Register Here](#)



### Let's Talk: Exploring the Impact of Social Wellness on Mental Health

3:30 pm ET - Coach Elizabeth Markie

[Register Here](#)

