

Join Us: November 2024's Community Events

Monthly Theme: **Practicing Gratitude and Appreciation**

Join our coaches in group coaching sessions, featuring meditations and workshops.



Featured Workshops, Yoga & Meditations



Meditation: Releasing Stress through Gratitude

1:00 pm ET - Coach Jennifer Jannelle

[Register Here](#)



Meditation: Releasing the Old, Embracing the New

8:00 am ET - Coach Wenlin Tan

[Register Here](#)



Workshop: The Brain-Boosting Power of Gratitude

12:30 pm ET - Coach Elizabeth Markie

[Register Here](#)



Workshop: Creating Meaningful Bonds Through Appreciation

12:30 pm ET - Coach Gayle Van Gils

[Register Here](#)



Zumba: Groove with Gratitude

11:00 am ET - Coach Caroline Ouaal

[Register Here](#)



Thanksgiving Meditation: Fostering a Grateful Heart

12:00 pm ET - Coach Melissa Henkin

[Register Here](#)

Supporting **American Diabetes Awareness Month** and **National Family Caregivers' Month**



Workshop: Juggling Caregiving with Your Career

12:30 pm ET - Coach Aleasa Word

[Register Here](#)



World Diabetes Day: Supporting Emotional Health

12:30 pm ET - Coach John Siddique

[Register Here](#)



Diabetes Awareness Month: Breaking the Stress-Sleep Loop

3:30 pm ET - Coach Lars Bodenheimer

[Register Here](#)



Diabetes Awareness Month: Decoding Labels for Smarter Eating

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)

