

Join Us: October 2024's Community Events

Monthly Theme: **Elevating Emotional Intelligence and Empathy**

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

Join our Community Fundraiser: A Walk for Breast Cancer starting Oct 1st [here](#).



Featured Workshops, Yoga & Meditations



Workshop: Breaking the Cycle of Emotional Spending
3:30 pm ET - Coach Holly Morpew
[Register Here](#)



Workshop: Nature and Your Nervous System
6:00 pm ET - Coach Corene Summers
[Register Here](#)



World Mental Health Day: Creating a Mental Health-Positive Workplace
6:00 pm ET - Coach Elizabeth Markie
[Register Here](#)



Meditation: Finding Empathy through Mindfulness
5:30 pm ET - Coach Andy Lee
[Register Here](#)



Workshop: Enhancing Relationships through Empathy
3:30 pm ET - Coach Laura Saltman
[Register Here](#)



Workshop: Instilling Empathy in Children
12:30 pm ET - Coach John Siddique
[Register Here](#)



Yoga: Breathe Easy, Flow Freely
6:00 pm ET - Coach Corene Summers
[Register Here](#)



Workshop: Easy Ways to Sneak More Protein into Your Diet
3:30 pm ET - Coach Tessa Spisak
[Register Here](#)

Celebrating Hispanic Heritage Month and Breast Cancer Awareness Month



Hispanic Heritage Month: Overcoming Mental Health Stigma in Latinx Communities
12:30 pm ET - Coach Joél Arvizo-Zavala
[Register Here](#)



Workshop: Empower Breast Health with Smart Choices
3:30 pm ET - Coach Samantha Harris
[Register Here](#)

