

Join Us: September 2024's Community Events

Monthly Theme: **Outdoor Adventures and Nature Exploration**

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

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



Featured Workshops, Yoga & Meditations



Meditation: A Walk In Nature

8:00 am ET - Coach Laura Saltman

[Register Here](#)



Workshop: On-the-Go Nutrition for Backpacking

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Workshop: Let Nature Ease Your Grief

12:30 pm ET - Coach John Siddique

[Register Here](#)



Workshop: Outdoor Retreats for Personal Growth

3:30 pm ET - Coach Samantha Harris

[Register Here](#)



Meditation: Gratitude for Nature

11:00 am ET - Coach Andy Lee

[Register Here](#)



Meditation: Nurturing Well-Being With Nature

3:30 pm ET - Coach Selena Lael

[Register Here](#)



Workshop: Staying Active and Healthy While Travelling

12:30 pm ET - Coach Amanda Richardson

[Register Here](#)



Yoga: Post-Trip Relaxation and Recovery

11:00 am ET - Coach Wenlin Tan

[Register Here](#)

Celebrating **Hispanic Heritage Month** and **World Heart Day**



Hispanic Heritage Month: Fostering Inclusivity for Latinx Employees

12:30 pm ET - Coach Joél Arvizo-Zavala

[Register Here](#)



World Heart Day: Meditation To Nurture Your Heart

8:00 am ET Coach Corene Summers

[Register Here](#)

