

September's Community
Challenge:

Breathe in the Outdoors: Nature's Wellness Boost



Sept 7 – Sept 20, 2025



HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Join us in a 14-day challenge of nature-inspired meditations to calm your nervous system, sharpen your focus, and restore balance. Step outside, or simply pause and tune in, as each daily session helps you reconnect with the world around you and within you. 🌳



PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a 🎁 **\$25 gift card!**



SCAN ME

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: September 2025's Community Events

Monthly Theme: **Nurture Yourself With Nature**

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



Featured Workshops & Meditations



Workshop: Protein & Nutrients for Active Aging

3:30 pm ET

Highlights the role of protein, calcium, and vitamin D in maintaining muscle, bone strength, and overall resilience

[Register Here](#)



Meditation: Rooted Like a Tree

8:00 am ET

A visual concept inspired by trees to evoke steadiness and calm

[Register Here](#)



Workshop: The Power of Eating the Rainbow

12:30 pm ET

Explore how colorful fruits and veggies boost health and energy, with easy tips for vibrant, nutrient-rich meals

[Register Here](#)



Workshop: What Nature Teaches Us About Resilience

3:30 pm ET

Discover how nature's resilience—through rest, renewal, and quiet strength—can help you manage stress and stay grounded

[Register Here](#)



Yoga: Flex & Flow for Seniors

11:00 am ET

A gentle yoga session for older adults to boost strength, balance, and ease

[Register Here](#)



Workshop: Creating Habits That Align With Nature

12:30 pm ET

Encourage routines with natural rhythms like sunrise, weekly cycles, instead of rigid to-do lists

[Register Here](#)

Hispanic Heritage Month



How to Support Hispanic/Latinx Communities

3:30 pm ET

A workshop to understand Latinx experiences and practice inclusive, respectful allyship

[Register Here](#)



Embracing Culture and Confidence

3:30 pm ET

Explore how culture shapes your inner voice and learn to reframe it with confidence and compassion

[Register Here](#)

World Heart Day & World Gratitude Day



Meditation: A Moment for Your Heart

3:30 pm ET

A quiet moment to connect with your heart and inner warmth

[Register Here](#)



Meditation: Gratitude for the Earth

5:30 pm ET

A grounding meditation to honor and feel gratitude for the Earth

[Register Here](#)

