

# November Monthly Community Activities from Wellness Coach

This month, we're showing up with purpose and owning every chapter of our journey. Let's live with intention and write a story that reflects our values, purpose, and truth.

Monthly Theme: **Own Your Story by Living with Purpose**

## Community Challenge:



November's Community Challenge:

### Discover Your Why

In just a few minutes a day, explore what lights you up, what you're great at, and what matters most, then craft a personal "why" statement that inspires how you live, lead, and grow.

 **Nov 9 – Nov 15, 2025**

## Some of our workshops and meditations:



**Workshop: From Auto-Pilot to Intentional Living**



**Workshop: Preventive Health Tips for Men**



**Let's Talk: When You're the One Everyone Leans On**

## We are also:

**Celebrating Men's Health Awareness Month & Diabetes Awareness Month**

[Access Flyers here](#)