

👁️ Here's What's Happening in Wellness Coach This August!

Hi Team,

This month's focus is all about creativity and optimization, **unlocking your potential** with small, science-backed habits that can make a big difference. Whether you're looking to sharpen your focus, improve your sleep, or just get inspired, Wellness Coach has something for you.

From a 3-week challenge to inspiring workshops, yoga, meditations, and more, August is packed with ways to refresh your mind and body. Check out what's happening 🙌

🧠 August Challenge: Biohack Your Best Self – 21 Days to Optimize YOU

📅 **August 3 – 24, 2025**

This 21-day challenge will guide you through daily sessions to help you tap into your best self with biohacks for better focus, sleep, mood, and more.

🎁 Complete all sessions and you'll be entered into a raffle, **10 winners will receive a \$25 gift card!**

🙌 [Join the Challenge](#)

📅 **Live Events – Creative Boosts All Month Long:**

🧘 **Yoga: Flow into Creativity**

August 2 @ 11:00 AM ET | Coach Wenlin Tan

🙌 [Register here](#)

🎨 **Workshop: Developing Focus and Imagination Through Creativity**

August 5 @ 3:30 PM ET | Coach Laura Saltman

 [Register here](#)

 **Meditation: Align Your Mind and Imagination**

August 6 @ 12:30 PM ET | Coach Jordan Benn

 [Register here](#)

 **Workshop: Using Vision Boarding for Creativity**

August 7 @ 3:30 PM ET | Coach Corene Summers

 [Register here](#)

 **Let's Talk: The Neuroscience of Boredom and Big Ideas**

August 13 @ 3:30 PM ET | Coach Elizabeth Markie

 [Register here](#)

 **Workshop: The 7 Types of Rest for Creative Recharge**

August 19 @ 3:30 PM ET | Coach Lily Lomeli

 [Register here](#)

 **Meditation: Making Space for Ideas to Flow**

August 20 @ 5:30 PM ET | Coach Nate Macanian

 [Register here](#)

 **Workshop: Women's Mental Load and Its Impact on Wellbeing**

August 22 @ 3:30 PM ET | Coach Reeshemah Davis

 [Register here](#)

 Questions or tech help? Email support@wellnesscoach.live

Here's to unlocking your creative spark and feeling your best this month!