

✨ Wellness Coach August Monthly Overview: Spark Your Creativity

Use creativity to find clarity and momentum, journal, move, or visualize your goals to reconnect and imagine what's next.

☀️ Community Challenge: Make Space to Create

Creativity needs space to grow. Over the next 10 days, explore mindful journaling, movement, and inspiration prompts designed to help you reconnect with what moves you.

👤 Workshops, Talks & Movement

Dive into our live sessions:

Live Session: Journaling for Emotional Clarity

Live Session: Leading with Curiosity and Imagination

Live Session: Supporting Kids' Emotional Expression Through Art

Meditation: Breathwork for Creativity

Also Recognizing This Month

- World Lung Cancer Day
- World Humanitarian Day
- Women's Equality Day

👉 [Download this flyer to get access to all of August's events.](#)