

✨ **Wellness Coach December Monthly Overview: Restore & Renew**

Restore and renew as the year comes to a close, taking time to rest, reflect, and recharge for what's ahead.

☀️ **Community Challenge: Your Next Chapter**

Reflect and Reset helps you close the year with intention. Celebrate your wins, release what no longer serves you, and envision a clear, energizing next chapter.

🧘 **Workshops, Talks & Movement**

Dive into our live sessions:

Let's Talk: The Spirit of Service

Let's Talk: Ending Stigma as We Strengthen Support

Yoga: Adaptive Movement for Every Body

Let's Talk: The Joy of Giving, Without Burning Out

Also Recognizing This Month

- World AIDS Day (December 1)
- National Impaired Driving Prevention Month

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