

✨ Wellness Coach July Monthly Overview: Move For Joy

June focuses on finding movement that fits your life and lifts your spirit. Every step, stretch, or dance is a chance to recharge.

☀️ Community Challenge: Move For Joy

Make movement a joy, not a chore. Whether you're walking, dancing, or working out, every minute counts. Sync your tracker, log your progress, and celebrate what makes you feel alive.

🧑‍🎓 Workshops, Talks & Movement

Dive into our live sessions:

Let's Talk: Thriving People, Thriving World

Find Your Joy in Movement

Flow Meditation for Joy

Stretch Away Stress

Stress Relief Through Laughter and Motion

Also Recognizing This Month

- BIPOC Mental Health Month
- International Day of Friendship

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