

✨ Wellness Coach June Monthly Overview: Power Up Your Plate

June focuses on fueling your energy and health with simple, balanced, and mindful nutrition. With the theme “**Eat for Energy**,” this month helps you build meals that support focus, strength, and all-day energy, without overthinking it.

☀️ Community Challenge: Power Up Your Plate

Join this nutrition-focused challenge to learn how to create balanced meals that fit your lifestyle. You'll explore smart swaps, hydration tips, and easy ways to combine protein, colorful produce, and healthy fats to make eating well feel simple and satisfying.

🧑‍🎓 Workshops, Talks & Movement

Dive into June's sessions designed to support nutrition, inclusion, and energy:

- **Workshop: Smart Snacking for Busy Days**
- **Move for Energy: Outdoor Fitness for Focus**
- **Let's Talk: Using Inclusive Language at Work**
- **Let's Talk: Empowering Men's Well-being**

🌍 Also Recognizing This Month

Pride Month • Men's Health Month • Juneteenth

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