

✨ **Wellness Coach November Monthly Overview: Discover Your 'Why'**

Discover your "why" this month by reconnecting with your deeper purpose and the people, goals, and habits that keep you grounded.

☀️ **Community Challenge: Find Your Alignment**

Find Your Alignment is about uncovering what drives you. Reflect on your purpose, align your goals, and reconnect with what truly matters.

🧘 **Workshops, Talks & Movement**

Dive into our live sessions:

Let's Talk: Budgeting for What You Value Most

The Caregiver's Circle: Conversations for Renewal

Stretch & Reflect: Movements of Appreciation

Bro Talk: Breaking the Silence Around Mental Health

Workshop: Holiday Spending That Reflects Values

Let's Talk: Food as Medicine

Also Recognizing This Month

- National Family Caregivers Month
- American Diabetes Month

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