

✨ **Wellness Coach October Monthly Overview: Thrive Together**

Thrive together this month by leaning on your community, building connection, and supporting one another through movement, conversation, and care.

☀️ **Community Challenge: A Walk for Breast Cancer**

Walk with purpose during Breast Cancer Awareness Month. Track your steps in solidarity, honor those impacted, and take time for reflection, gratitude, and moments of care.

🧘 **Workshops, Talks & Movement**

Dive into our live sessions:

- **Restorative Yoga: Healing Energy**
- **Let's Talk: Thriving Beyond Diagnosis**
- **The Power of Play: Finding Joy in Everyday Life**
- **Let's Talk: You Are Not Alone**
- **Let's Talk: Couples & Money Conversations**
- **The Color Pink: Energy, Empowerment, and Expression**

Also Recognizing This Month

- ADHD Awareness Month
- National Domestic Violence Awareness Month

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