

✨ **Wellness Coach September Monthly Overview: Live with Purpose**

Act with purpose to build alignment, cultivating balance, courage, and growth in all you do.

☀️ **Community Challenge: Live with Purpose**

Build clarity, focus, and calm through small daily actions that help you live more mindfully each day.

🧘 **Workshops, Talks & Movement**

Dive into our live sessions:

Let's Talk: Healthy Aging & Lifelong Wellness

Let's Talk: Brain Health Through Movement and Mindfulness

The Power of Family: Strength and Support in Hispanic Cultures

Meditation: The Ripple Effect of Kindness

Yoga: Longevity & Balance

Balance & Stability Training

Also Recognizing This Month

- Suicide Prevention Awareness Month
- Hispanic Heritage Month

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