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# August Monthly Community Activities from Wellness Coach

Use creativity to find clarity and momentum, journal, move, or visualize your goals to reconnect and imagine what's next.

Monthly Theme: **Spark Your Creativity**

Community Challenge:



JOIN NOW!

## Some of our workshops and meditations:



**Meditation: Mindful Meetings**  
12:30 pm ET - Coach Jordan Benn  
[Register Here](#)



**Let's Talk: Leading with Curiosity and Imagination**  
12:30 pm ET - Coach Lily  
[Register Here](#)



**Let's Talk: Voices of Strength, Roots of Wellness**  
12:30 pm ET - Coach Lily & Laura  
[Register Here](#)



**Meditation: Empower the Future**  
8:00 am ET - Coach Amber  
[Register Here](#)

## We are also recognizing:

- World Lung Cancer Day
- World Humanitarian Day
- Women's Equality Day



August's Community Challenge:

## Make Space to Create

Creativity needs space to grow. Over the next 10 days, explore mindful journaling, movement, and inspiration prompts designed to help you reconnect with what moves you.

 **Aug 03 – Aug 12, 2026**

[Access Flyers here](#)