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# July Monthly Community Activities from Wellness Coach

Find movement that fits your life and lifts your spirit, every step, stretch, or dance is a chance to recharge.

Monthly Theme: **Move For Joy**



JOIN NOW!

## Community Challenge:



July's Community Challenge:

## Move For Joy

Make movement a joy, not a chore. Whether you're walking, dancing, or working out, every minute counts. Sync your tracker, log your progress, and celebrate what makes you feel alive.

**July 1st – July 31st, 2026**

## Some of our workshops and meditations:



**Let's Talk: Thriving People, Thriving World**  
Coach Lily & Laura  
[Register Here](#)



**Cardio: Find Your Joy in Movement**  
Coach Brooke  
[Register Here](#)



**Stress Relief Through Laughter and Motion**  
Coach Jaime  
[Register Here](#)



**Money Momentum: Small Steps for Big Change**  
Coach Adam  
[Register Here](#)

## We are also recognizing:

- BIPOC Mental Health Month
- International Day of Friendship

[Access Flyers here](#)