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# June Monthly Community Activities from Wellness Coach

Fuel your energy and health with simple, balanced, and mindful nutrition.

Monthly Theme: **Eat for Energy**



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## Community Challenge:



June's Community Challenge:

## Power Up Your Plate

In this challenge, you'll learn how to create balanced meals that fit your lifestyle, combining protein, colorful produce, and healthy fats for all-day energy.

 **June 1 – June 10, 2026**

## Some of our workshops and meditations:



### Workshop: Smart Snacking for Busy Days

12:30 pm ET - Coach Melissa Henkin  
[Register Here](#)



### Let's Talk: Using Inclusive Language at Work

3:30 pm ET - Coach Joél Arvizo-Zavala  
[Register Here](#)



### Move for Energy: Outdoor Fitness for Focus

5:30 pm ET - Coach Becky Eason  
[Register Here](#)



### Let's Talk: Empowering Men's Well-being

12:30 pm ET - Coach Lars Bodenheimer  
[Register Here](#)

## We are also recognizing:

- Pride Month
- Men's Health Month
- Juneteenth

[Access Flyers here](#)