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November Monthly Community Activities from Wellness Coach

This month, we're showing up with purpose and owning every chapter of our journey. Let's live with intention and write a story that reflects our values, purpose, and truth.

Monthly Theme: **Discover Your 'Why'**



JOIN
NOW!



November's Community Challenge:

Find Your Alignment

What truly motivates you to get up and keep going? In this challenge, you will explore your purpose with guided reflections and journaling, reconnect with your values, and clarify the goals that feel most meaningful.



Nov 02– Nov 15, 2026

Some of our workshops and meditations:



Workshop: Holiday Spending That Reflects Values

Coach Holly Morpew
[Register Here](#)



Let's Talk: Food as Medicine

Coach Tessa Spisak
[Register Here](#)



Meditation: Kindness Connects Us All

Coach Jordan Benn
[Register Here](#)



Meditation: Breathwork for Confidence

Coach Lily Lomeli
[Register Here](#)

We are also recognizing:

- Men's Health Awareness Month
- Diabetes Awareness Month

[Access Flyers here](#)