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October Monthly Community Activities from Wellness Coach

This month, we're unlocking the energy, focus, and strength that fuel everyday greatness. Let's start our days with the right habits, movement, and nourishment to perform at our best.

Monthly Theme: **Thrive Together**



JOIN
NOW!



October's Community Challenge: **Community Fundraiser: A Walk for Breast Cancer**

Walk with purpose during Breast Cancer Awareness Month. Track your steps in solidarity, honor those impacted, and take time for reflection, gratitude, and moments of care.

 **Oct 01– Oct 31, 2026**



Some of our workshops and meditations:



Restorative Yoga: Healing Energy
11:00 am ET – Coach Wenlin Tan
[Register Here](#)



Let's Talk: Thriving Beyond Diagnosis
3:30 pm ET – Coach Samantha Harris
[Register Here](#)



**The Power of Play: Finding Joy in
Everyday Life**
3:30 pm ET – Coach Laura Saltman
[Register Here](#)



Let's Talk: You Are Not Alone
12:30 pm ET – Coach Robin Buckley
[Register Here](#)

We are also recognizing:

- Honoring Breast Cancer Awareness Month
- Mental Health Day & Hispanic Heritage Month

[Access Flyers here](#)