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September Monthly Community Activities from Wellness Coach

Act with purpose to build alignment, cultivating balance, courage, and growth in all you do.

Monthly Theme: **Live with Purpose**



JOIN NOW!

Community Challenge:



September's Community Challenge:

Live with Purpose

Build clarity, focus, and calm through small daily actions that help you live more mindfully each day.

 **Sep 07– Sep 16, 2026**

Some of our workshops and meditations:



Yoga: Longevity & Balance
12:30 pm ET – Coach Wenlin Tan
[Register Here](#)



Let's Talk: Nutrition for Healthy Aging
Coach Tessa Spisak
[Register Here](#)



Let's Talk: Brain Health Through Movement and Mindfulness
Coach Elizabeth & Laura
[Register Here](#)



Let's Talk: Support Someone Today
Coach Lily Lomeli
[Register Here](#)

We are also recognizing:

- Suicide Prevention Awareness Month
- Hispanic Heritage Month

[Access Flyers here](#)