

June's Community Challenge: Power Up Your Plate



Starts on:



Jun 01– Jun 10, 2026

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge.

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.



PRIZES

Anyone who completes all challenge sessions will be entered into a drawing, where 10 lucky winners will each receive a \$25 USD gift card! 🎁



JOIN
NOW!



Join Us: June 2026's Community Events

Monthly Theme: **Eat for Energy**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.



Featured Workshops, Yoga & Meditations



Workshop: Smart Snacking for Busy Days

Coach Melissa Henkin

[Register Here](#)



Let's Talk: Using Inclusive Language at Work

Coach Joél Arvizo-Zavala

[Register Here](#)



Move for Energy: Outdoor Fitness for Focus

Coach Becky Eason

[Register Here](#)



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

Coach Lars Bodenheimer

[Register Here](#)



Let's Talk: The Power of Asking for Help

Coach Kandice Klumb

[Register Here](#)



Meditation: Summer Solstice

Coach Amber Kelsey-Ferri

[Register Here](#)



Yoga: Balance in Body and Mind

Coach Wenlin Tan

[Register Here](#)



Let's Talk: Building Your Circle of Support

Coach Laura Saltman

[Register Here](#)



Let's Talk: Nutrition & Mood for Kids and Teens

Coach Tessa Spisak

[Register Here](#)

