

September's Community Challenge: **Live with Purpose**



Starts on:



Sep 07– Sep 16, 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.

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



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: September 2026's Community Events

Monthly Theme: **Live with Purpose**

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



Featured Workshops, Yoga & Meditations



Let's Talk: Healthy Aging & Lifelong Wellness

Coach Elizabeth & Laura

[Register Here](#)



Let's Talk: One Conversation Can Save a Life

Coach Robin Buckley

[Register Here](#)



The Power of Family: Strength and Support in Hispanic Cultures

Coach Joél Arvizo-Zavala

[Register Here](#)



Stretch: Balance & Stability Training

Coach Becky Eason

[Register Here](#)



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](#)

