

September 2026 Events

TALK TUESDAY

Education

Gratitude: A How-To Guide

This webinar focuses on how to bring the practice of gratitude to life, highlighting health benefits and providing tangible examples to help develop the skill of being grateful.

REGISTER HERE

September 1			
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Respiratory Resilience

Learn how to protect and strengthen your lungs through habits that support clearer breathing and improved stamina. This webinar highlights how air quality, effective breathing techniques, and early signs of common lung diseases (e.g., asthma, COPD) influence long-term respiratory health.

REGISTER HERE

September 15			
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WORKOUT WEDNESDAY

Fitness

Cardio Burner

This fast-paced, heart-pumping workout blends dynamic cardio exercises with full-body movements for maximum calorie burn.

REGISTER HERE



September 2	September 9	September 16

THRIVE THURSDAY

Self-Care

Mindful Centering

This grounding class explores techniques to release mental clutter, reduce stress, and reconnect with the present moment through meditation and gentle movement.

REGISTER HERE



September 3	September 10	September 17