Wellable

November 2026 Events

TALK TUESDAY

Education

Social Wellness

This webinar focuses on the importance of healthy relationships and how strengthening effective communication, fostering self-esteem, harboring a sense of belonging, and building community can improve well-being.



REGISTER HERE

November 3	10 AM EST	12 PM EST	3 PM EST

WORKOUT WEDNESDAY

Fitness

Pilates

This full-body workout focuses on core strength, stability, and controlled movement. This class emphasizes alignment and mindful engagement of muscles to improve overall functional fitness.



REGISTER HERE

November 4	November 11	November 18
9 AM EST	12 PM EST	5 PM EST

THRIVE THURSDAY

Self-Care

Heart-Opening Meditation

This guided visualization is designed to cultivate a sense of love, compassion, gratitude, and emotional openness, fostering deeper connections to self and others.



REGISTER HERE

November 5	November 12	November 19
8 AM EST	12 PM EST	4 PM EST