

Wellable

August 2026 Events

TALK TUESDAY

Education

EQ In Action

This webinar explores practical strategies for developing emotional intelligence by learning to recognize, understand, and manage emotions for enhanced relationships and personal resilience.



REGISTER HERE

August 4			
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WORKOUT WEDNESDAY

Fitness

Functional Mobility

This class focuses on practical movement patterns that mimic everyday activities to enhance physical capabilities, promote longevity, and support a healthy lifestyle.



REGISTER HERE

August 5	August 12	August 19

THRIVE THURSDAY

Self-Care

Sound Bath Meditation

This immersive, meditative class uses soothing sound bowls and vibrations to promote deep relaxation, inner harmony, and mental clarity.



REGISTER HERE

August 6	August 13	August 20