

Wellable

October 2026 Events

TALK TUESDAY

Productivity 101

This webinar addresses time, task, and energy management to rethink productivity and find work-life balance, sharing ideas for making the most of the workday, increasing efficiency, and beating burnout.

REGISTER HERE

Education



|           |           |           |          |
|-----------|-----------|-----------|----------|
| October 6 | 10 AM EST | 12 PM EST | 3 PM EST |
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WORKOUT WEDNESDAY

Slow Flow Yoga

This gentle, intentional practice incorporates slow, mindful sequences focused on breath, alignment, and fluid movement, cultivating a meditative state through physical activity.

REGISTER HERE

Fitness



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|-----------|------------|------------|
| October 7 | October 14 | October 21 |
| 9 AM EST  | 12 PM EST  | 5 PM EST   |

THRIVE THURSDAY

Vocal Activation Breathwork

This class combines breathing techniques with vocal exercises to release tension, open the voice, and energize the body, enhancing self-expression.

REGISTER HERE

Self-Care



|           |            |            |
|-----------|------------|------------|
| October 8 | October 15 | October 22 |
| 8 AM EST  | 12 PM EST  | 4 PM EST   |