

# July 2026 Events

## TALK TUESDAY

Education

### Giving For Good

This webinar explores easy and unique ways to make a difference by giving back and shares strategies to create more positive experiences for both the giver and the receiver.



[REGISTER HERE](#)

July 7			
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## WORKOUT WEDNESDAY

Fitness

### Dynamic Yoga

This energizing yoga practice engages the body and mind through creative sequences and mindful transitions, enhancing focus, coordination, and balance.



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July 8	July 15	July 22

## THRIVE THURSDAY

Self-Care

### Restorative Breathwork

This soothing, meditative practice uses slow and intentional breathing patterns to calm the nervous system and release stored tension for a renewed sense of peace.



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July 9	July 16	July 23