

# June 2026 Events

## TALK TUESDAY

 Education

### Digital Detox

This presentation unearths the downsides of constantly being “connected” while providing tips and tricks to unplug and enhance overall well-being.

[REGISTER HERE](#)

June 2			
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### Heart Health 101

This webinar focuses on the importance of heart health and provides steps that you can take to make heart-healthy lifestyle choices.

[REGISTER HERE](#)

June 16			
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## WORKOUT WEDNESDAY

 Fitness

### Cardio Kickboxing

This high-intensity workout combines martial arts-inspired movements with energizing cardio drills for a fun, full-body challenge.

[REGISTER HERE](#)


June 3	June 10	June 17

## THRIVE THURSDAY

 Self-Care

### Mindful Self-Expression

This guided experience explores self-expression through writing, art, and creative reflection, fostering openness, curiosity, and authenticity.

[REGISTER HERE](#)


June 4	June 11	June 18