

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	 Inclusive wellness
		<b>1</b> <u>Strength</u> ♥ Adaptive workout ⌚ 27 min	<b>2</b>	<b>3</b> <u>Meditation</u> ♥ Meditation ⌚ 9 min	<b>4</b>	<b>5</b> <u>Educational</u> ♥ Metabolism ⌚ 4 min	★ <b>August playlist</b>  We've curated a diverse playlist to help you work towards your health goals. Jump in at any time!  <a href="#">VIEW THE PLAYLIST</a>
<b>6</b>	<b>7</b> <u>Fit Over 50</u> ♥ Take 5 ⌚ 5 min	<b>8</b>	<b>9</b> <u>Nutrition</u> ♥ Healthy Eating Recipe ⌚ 5 min	<b>10</b>  <u>User Event</u> 12 PM EST	<b>11</b>	<b>12</b> <u>Mental Health</u> ♥ OCD ⌚ 37 min	
<b>13</b> <u>Yoga</u> ♥ Yoga ⌚ 9 min	<b>14</b>	<b>15</b> <u>Financial</u> ♥ Create a Budget ⌚ 5 min	<b>16</b>  <u>User Event</u> 12 PM EST	<b>17</b>	<b>18</b> <u>Mental Health</u> ♥ PTSD ⌚ 15 min	<b>19</b>	
<b>20</b> <u>Arms</u> ♥ Shoulder Mobility ⌚ 12 min	<b>21</b>	<b>22</b> <u>Educational</u> ♥ LGBTQIA+ ⌚ 22 min	<b>23</b>	<b>24</b>  <u>User Event</u> 12 PM EST	<b>25</b>	<b>26</b> <u>Cancer Wellness</u> ♥ Educational ⌚ 2 min	
<b>27</b>	<b>28</b> <u>Diabetes</u> ♥ Educational ⌚ 9 min	<b>29</b> <u>Yoga</u> ♥ Yoga, Adaptive ⌚ 20 min	<b>30</b>	<b>31</b> <u>Parenting</u> ♥ Kids and Divorce ⌚ 3 min			

