

# Thriving Thursday Virtual Classes



**First Thursday of the month. Join us for a dose of wellness!**

**Time: 12:30-1pm**

**Teams link below to join the classes**

- **July 9 - Healthy Communication: At Work & At Home:** Learn practical, easy-to-use communication skills that support clarity, respect, and stronger relationships in both professional and personal settings.
- **August 6 - Creative Rest for Overworked Brains:** Explore simple, restorative practices that help busy minds reset, recharge, and reduce mental fatigue without adding more tasks to the day.
- **September 10 - The Sugar Shift: Blood Sugar Balance Made Simple:** Break down how everyday food choices affect blood sugar, energy, and mood with realistic, easy-to-apply strategies and without dieting or restriction.

## [Click to join the meeting now](#)

Meeting ID: 268 415 224 437 16

Passcode: oL3xS7T4

### **Dial in by phone**

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