

# 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**

- **February 5 – Energy Boosters:** Feeling drained? This class offers simple, science-backed strategies to boost your energy naturally throughout the day. Learn how nutrition, movement, and mindful habits can help you recharge and stay focused. Walk away with practical tips to feel more vibrant and productive without relying on quick fixes.
- **March 5 – Nature Rx:** Discover the healing power of the outdoors in this refreshing class. We'll explore how spending time in nature can reduce stress, boost mood, and improve overall well-being. Learn simple ways to incorporate outdoor moments into your daily routine—even in a busy schedule. Leave with practical tips to make nature your go-to prescription for balance and health.

**Click to join the meeting now**

Meeting ID: 268 415 224 437 16

Passcode: oL3xS7T4

**Dial in by phone**

+1 213-533-9530,,182861390# United States,  
Los Angeles

