

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 re-charge 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

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