

2025 Self-Care Series

ADMINISTRATOR RESOURCE






Monthly live, all-level wellness events designed to actively engage and restore the mind and body. This comprehensive series offers a balanced blend of stimulating physical activities and restorative practices, ensuring a holistic approach to well-being.

Intellectual

Physical

Mental

Recovery

Events	Description	Dates	Information
JANUARY  Intention Setting	Set clear and purposeful intentions to guide personal and professional growth	Tuesday, January 21, 8 AM EST Wednesday, January 22, 9 AM EST Wednesday, January 22, 8 PM EST Thursday, January 23, 5 PM EST	Registration Link Promotional Flyer Link
FEBRUARY  Interval Training	Boost energy and endurance with high-intensity interval training that challenges the body and elevates fitness	Tuesday, February 18, 8 AM EST Wednesday, February 19, 9 AM EST Wednesday, February 19, 8 PM EST Thursday, February 20, 5 PM EST	Registration Link Promotional Flyer Link
MARCH  Breathwork	Learn foundational breathwork techniques to calm the mind and enhance mental clarity	Tuesday, March 18, 8 AM EST Wednesday, March 19, 9 AM EST Wednesday, March 19, 8 PM EST Thursday, March 20, 5 PM EST	Registration Link Promotional Flyer Link
APRIL  Functional Mobility	Engage in movement patterns that mimic everyday activities to enhance physical capabilities for a healthy lifestyle	Tuesday, April 15, 8 AM EST Wednesday, April 16, 9 AM EST Wednesday, April 16, 8 PM EST Thursday, April 17, 5 PM EST	Registration Link Promotional Flyer Link
MAY  Food For Thought Trivia	Discover new insights in this fun, interactive trivia session focused on healthy eating	Tuesday, May 20, 8 AM EST Wednesday, May 21, 9 AM EST Wednesday, May 21, 8 PM EST Thursday, May 22, 5 PM EST	Registration Link Promotional Flyer Link

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JUNE  Dynamic Power Yoga	Connect breath and movement to deepen body awareness through a high-energy vinyasa yoga flow	Tuesday, June 24, 8 AM EST Wednesday, June 25, 9 AM EST Wednesday, June 25, 8 PM EST Thursday, June 26, 5 PM EST	Registration Link Promotional Flyer Link
JULY  Mindful Moments	Cultivate mindfulness by connecting with natural elements in this guided session designed to bring peace and presence	Tuesday, July 22, 8 AM EST Wednesday, July 23, 9 AM EST Wednesday, July 23, 8 PM EST Thursday, July 24, 5 PM EST	Registration Link Promotional Flyer Link
AUGUST  Deep Recovery Stretch	Discover the power of gentle stretching and restorative poses aimed at releasing muscle tension and enhancing flexibility	Tuesday, August 19, 8 AM EST Wednesday, August 20, 9 AM EST Wednesday, August 20, 8 PM EST Thursday, August 21, 5 PM EST	Registration Link Promotional Flyer Link
SEPTEMBER  Sleep Smart Trivia	Discover new insights in this fun, interactive trivia session focused on sleep	Tuesday, September 16, 8 AM EST Wednesday, September 17, 9 AM EST Wednesday, September 17, 8 PM EST Thursday, September 18, 5 PM EST	Registration Link Promotional Flyer Link
OCTOBER  Boxing Bootcamp	Build resilience through a full-body workout that combines traditional boxing techniques with strength and conditioning exercises	Tuesday, October 21, 8 AM EST Wednesday, October 22, 9 AM EST Wednesday, October 22, 8 PM EST Thursday, October 23, 5 PM EST	Registration Link Promotional Flyer Link
NOVEMBER  Reflective Journaling	Write to relax into a meditative state and gain clarity and insight for deeper self-discovery	Tuesday, November 18, 8 AM EST Wednesday, November 19, 9 AM EST Wednesday, November 19, 8 PM EST Thursday, November 20, 5 PM EST	Registration Link Promotional Flyer Link
DECEMBER  Self-Massage	Explore key pressure and massage points on the body, discovering new ways to relieve tension and stress and promote relaxation	Tuesday, December 16, 8 AM EST Wednesday, December 17, 9 AM EST Wednesday, December 17, 8 PM EST Thursday, December 18, 5 PM EST	Registration Link Promotional Flyer Link