

# MONTHLY THEMES

2025

Discover the deeper motivations behind your wellness journey and connect with a community dedicated to holistic wellbeing!

## January



New Beginnings

## February



Heartfelt Motivation

## March



Wellbeing Balance

## April



Spring into Action

## May



Strong and Inspired

## June



Fuel Your Motivation

## July



Summer Fun

## August



Back to Basics

## September



Find Your Inner Strength

## October



Connecting with Community

## November



Gratitude and Reflection

## December



Healthy You for the Holidays