



Kala

Summertime Fun!

Monday

@ 5pm ET / 4pm CT



Let's explore the best of summer across the USA! From sizzling food trends and refreshing seasonal recipes, to the songs that make up the soundtrack of summer, to the most popular travel spots across the country — this class is your ticket to all things sunshine and celebration.

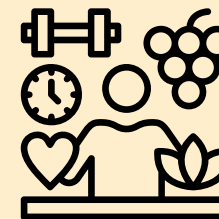


**NEW
Class!**

Self-Care: Aging with Intention

Monday

@ 6pm ET / 5pm CT



Join us for an interactive course designed to empower older adults with practical tools for self-care, wellness, and vitality. Each week focuses on a different aspect of healthy aging, from living with intention, physical well-being and nutrition, to mental health and social connection.



Erin

