



## Social Wellness Month

Fast, feel-good ways to nourish yourself and your connections.

### Cook Together, Connect Together

Turn everyday meals into bonding moments.

### 10-Minute Meals to Impress (Without the Stress)

Lightning-fast recipes to feed friends without the pressure.

### Sunshine & Sustenance: Hydrating Foods and Drinks

Beat the heat with hydrating foods and refreshing drinks for outdoor gatherings.

### Grill & Gather: Healthy BBQ Hacks

Your go-to guide for flavorful, feel-good grilling

### Charcuterie Boards for Every Crowd

Build a beautiful, balanced board using everyday ingredients.

### Plant-Based Crowd Pleasers

Easy meatless recipes that satisfy every guest — no tofu-fear required.

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## Social Wellness Month

Celebrate all month long with new interactive breaks designed to spark connection, inspire conversation, and build community.

### Coffee Break: Books, Travel & Tunes

Come chat about favorite books, music, and travel spots in this light, social break.

### Community Feedback Session: Your Voice Matters

Help shape the future of Bright Breaks in a guided discussion.

### Fuel & Move: Nutrition + Fitness Q&A

Bring your questions or just listen in as we dive into simple ways to eat well, move more, and stay consistent.

### Fitness & Movement Q&A: Energy, Balance, & Bright Break Tips

Ask anything—from balancing workouts to choosing the perfect Bright Break.

### The Power of Meaningful Connection

learn practical tools to deepen conversations, foster emotional awareness, and build trust.

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