Wunsupona

Based in science. Delivered through story.

Your 2027 wellness calendar

Everything in Talewind, month by month: one theme, one live Connections talk, plus optional add-ons.

- Connections talk (included)
- Challenge (add-on)
- Health Quest (add-on)

Live fitness classes every weekday
6:00—6:45A ET. Included.

Connections talks, the 2nd Thursday of each month
2:00P ET, live, with replays after.

MONTH	THEME	CONNECTIONS TALK	ADD-ONS
JAN	**Intention** Goals and new habits	Thu, Jan 14 Wired for Intention: The Science Behind Goals That Stick	Be Intentional Scavenger Hunt (5 days)
FEB	**Heart** Connection and whole health	Thu, Feb 11 Love Under Load: Keeping Your People Close When Life Gets Full	TBD
MAR	**Nourish** Gut health and nutrition	Thu, Mar 11 Grow Your Gut Garden: A Guide to a Healthy Microbiome	Better Sleep (4 weeks)
APR	**Money** Financial wellbeing	Thu, Apr 8 Financial Infidelity: The Money Secrets We Keep From Everyone (Even Ourselves)	Hidden Money Scavenger Hunt (10 days)
MAY	**Heal** Emotional wellbeing	Thu, May 13 Grief Doesn't Clock Out: What We Carry to Work and How to Lighten the Load	Hot Flash Club (4 weeks)
JUN	**Prevention** Screenings and brain health	Thu, Jun 10 Check It Before It Checks You: Screenings and Early Detection	TBD
JUL	**Resilience** Adapting to change	Thu, Jul 8 Nothing Is Scripted: What Improv Teaches Us About Adapting at Work	Resilience Bingo (7 days)
AUG	**Nature** Time outside and the mind	Thu, Aug 12 Step Outside, Think Clearer: How Nature Boosts Your Brain	TBD
SEP	**Family** Family and home	Thu, Sep 9 The Modern Childhood: Screens, Safety and the Habits That Matter	Family Health (4 weeks)
OCT	**Focus** Attention and focus	Thu, Oct 14 Squirrel! Making Peace with the ADHD Brain	Focus Fitness (5 days)
NOV	**Balance** Metabolic health	Thu, Nov 4 The Shot Heard Round the Water Cooler: GLP-1s Explained	Weight Management (4 weeks)
DEC	**Shine** Confidence and presence	Thu, Dec 9 Seen and Remembered: The Science of Standing Out Through Style	Movement Challenge

Don't have Talewind yet, or want to add on?

Every Talewind package includes live Connections talks, weekday fitness classes, the library, resources and the community board.

Grab a virtual coffee

hello@wunsupona.com
wunsupona.com · (443) 377-1986