

Wellness Coach March Monthly Overview: Recharge with Rest

This month, Wellness Coach focused on helping our community slow down, set boundaries, and create space for meaningful rest. Under the theme “**Recharge with Rest,**” members were invited to build practical habits for winding down and restoring balance.

[Download the Flyer](#) here to access all the activities below!

Community Challenge: Power Down to Power Up

March 2–11, 2026

We encouraged everyone to take small daily actions, like reducing screen time, creating calming nighttime rituals, and practicing simple relaxation habits, to recharge both mind and body.

Workshops & Meditations

We hosted a series of interactive sessions led by our expert coaches, including:

- **Why Doing Less Helps You Thrive** with Coach Kandice
- **Sleep, Stress, and Nutrition** with Coach Tessa
- **How Slowing Down Boosts Resilience** with Coach Laura
- **Empowering Wellness, Empowering Women** with Coach Jessica

These sessions supported the theme of intentional rest while providing tools for improving resilience, sleep, and overall wellbeing.

Special Recognitions

Throughout the month, we also highlighted:

- **Women’s History Month**
- **Sleep Awareness Month**