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# February Monthly Community Activities from Wellness Coach

Build emotional resilience through awareness, compassion, and connection.

Monthly Theme: **Build Emotional Strength**

## Community Challenge:



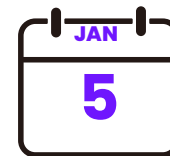
February's Community Challenge:

## Build Your Resilience

In this 14-day challenge, you'll explore daily audio practices that help you manage emotions, restore balance, and build genuine resilience from the inside out.

 **Feb 02– Feb 15, 2026**

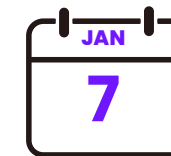
## Some of our workshops and meditations:



### Letting Go of 2025: A Guided Meditation

11:00 am ET – Coach Gayle Van Gils

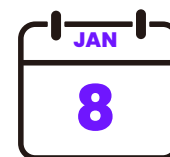
[Register Here](#)



### Vision Board: Picture Your Best Year Yet

12:30 pm ET – Coach Corene Summers

[Register Here](#)



### Let's Talk: Eating Well in the New Year

11:00 am ET – Coach Tessa Spisak

[Register Here](#)



### Let's Talk: Cultivating Optimism and Motivation

3:30 pm ET – Coach Dr. Jaime G Raygoza

[Register Here](#)

## We are also recognizing:

**Black History Month, American Heart Month**

[Access Flyers here](#)