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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:



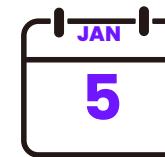
February's Community Challenge:

Build Your Resilience

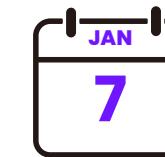
In this 14-day challenge, you'll explore daily audio practices that help you manage emotions, restore balance, and build genuine resilience from the inside out.

 **Feb 02- Feb 15, 2026**

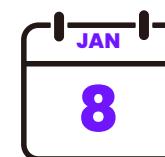
Some of our workshops and meditations:



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**](#)