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January Monthly Community Activities from Wellness Coach

Discover your formula for lasting change, build habits that align with your values, and energize your year.

Monthly Theme: **Start Fresh**

Community Challenge:

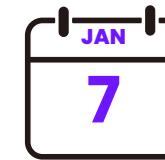


January Community Challenge: **Energize Your Year**

Energize your year with simple, sustainable activity habits. From stretches to walks to dancing in your living room, every minute counts toward building strength and starting 2026 strong.

 **Jan 01- Jan 31, 2026**

Some of our workshops and meditations:



Vision Board: Picture Your Best Year Yet
12:30 pm ET - Coach Corene Summers
[Register Here](#)



Workshop: Nutrition Habits for a Fresh Start
3:30 pm ET - Coach Melissa Henkin
[Register Here](#)



Letting Go of 2025: A Guided Meditation
11:00 am ET - Coach Gayle Van Gils
[Register Here](#)



Workshop: Create Habits That Actually Stick
12:30 pm ET - Coach Wellington Oliveira
[Register Here](#)

[**Access Flyers here**](#)