

[Bookmark this link!](#)



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:

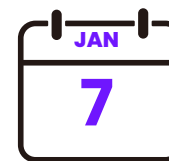


January Community Challenge:
Energize Your Year

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**

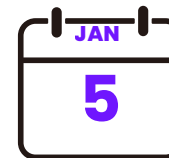
Some of our workshops and meditations:



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](#)