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# March Monthly Community Activities from Wellness Coach

Build habits for deep rest and focus by setting boundaries and creating space to recharge your mind.

Monthly Theme: **Recharge with Rest**

**Community Challenge:**



JOIN NOW!



March's Community Challenge:

## Power Down to Power Up

Each day introduces a small, practical shift such as setting boundaries with screens, creating a bedtime ritual, or practicing simple relaxation habits.

 **Mar 2– Mar 11, 2026**

## Some of our workshops and meditations:



**Let's Talk: Why Doing Less Helps You Thrive**

12:30 pm ET – Coach Kandice Klumb  
[Register Here](#)



**Let's Talk: Sleep, Stress, and Nutrition**

3:30 pm ET – Coach Tessa Spisak  
[Register Here](#)



**Workshop: Empowering Wellness, Empowering Women**

12:30 pm ET – Coach Jessica McClure  
[Register Here](#)



**Let's Talk: How Slowing Down Boosts Resilience**

12:30 pm ET – Coach Laura Saltman  
[Register Here](#)

## We are also recognizing:

- Women's History Month
- Sleep Awareness Month

[Access Flyers here](#)