wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

March's Community Challenge:
Power Down to Power Up

Starts on:

📅 **Mar 02- Mar 11, 2026**

HOW TO JOIN

① Scan the QR Code

② Join the Challenge

③ When you join the challenge, you'll be prompted to follow some quick steps to sync your Activity Tracker with Wellness Coach and automatically track your steps in this challenge.

Power Down to Power Up is all about reclaiming rest so you can show up sharper, calmer, and more energized. Each day introduces a small, practical shift such as setting boundaries with screens, creating a bedtime ritual, or practicing simple relaxation habits. Reflect on what helps you wake up refreshed.

🏆 PRIZES

Anyone who completes all challenge sessions will be entered into a drawing, where 10 lucky winners will each receive a $25 USD gift card! 🎁👟

JOIN NOW!

Join Us: March **2026's Community Events**

Monthly Theme: **Recharge with Rest**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.

Featured Workshops, Yoga & Meditations

MAR 2
Let's Talk: Why Doing Less Helps You Thrive
12:30 pm ET - Coach Kandice Klumb
Register Here

MAR 4
Let's Talk: Sleep, Stress, and Nutrition
3:30 pm ET - Coach Tessa Spisak
Register Here

MAR 6
Workshop: Empowering Wellness, Empowering Women
12:30 pm ET - Coach Jessica McClure
Register Here

MAR 11
Let's Talk: How Slowing Down Boosts Resilience
12:30 pm ET - Coach Laura Saltman
Register Here

MAR 13
Meditation: Calm Your Mind, Reset Your Body
8:00 am ET - Coach Corene Summers
Register Here

MAR 18
Yoga: Gentle Movement for Relaxation
11:00 am ET - Coach Wenlin Tan
Register Here

MAR 19
Let's Talk: Protecting Your Energy at Work
3:30 pm ET - Coach Amy Pierre-Russo/Laura Saltman
Register Here

MAR 23
Breathwork for Better Rest
12:30 pm ET - Coach Jordan Benn
Register Here

MAR 25
Workshop: The Power of Rest
3:30 pm ET - Coach Sarah Takehara
Register Here

MAR 27
Let's Talk: Managing Mental Fatigue in a Busy World
3:30 pm ET - Coach Stefan Ravalli/Gerald Gonzales
Register Here