



Table of Content

2025 Themes, Challenges and Group Community Sessions

<u>2025 Themes</u>	2
<u>January</u>	3-4
<u>February</u>	5-7
<u>March</u>	8-10
<u>April</u>	11-12
<u>May</u>	13-14
<u>June</u>	15-16
<u>July</u>	17-18
<u>August</u>	19-20
<u>September</u>	21-22
<u>October</u>	23-24
<u>November</u>	25-26
<u>December</u>	27-28

WC 2025 Themes and Community Calendar



JANUARY

Theme:

Build Habits for a Happier and Stronger 2025

Learn how to build mindful habits with practical tools and strategies to start the year with intention.

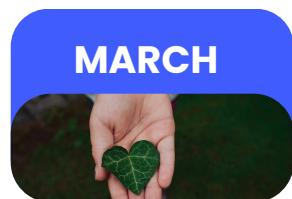


FEBRUARY

Theme:

Unlock the Secrets to Wholehearted Living

Discover techniques to strengthen emotional resilience and improve your emotional wellbeing.



MARCH

Theme:

Wake Up Strong with Quality Sleep

Discover proven techniques to improve your sleep quality and wake up feeling refreshed and energized.



APRIL

Theme:

Get Ahead with Smart Money Moves

Master your finances by learning practical strategies to take control of your money and build a secure future.



MAY

Theme:

Focus Like a Pro and Boost Your Mental Health

Enhance your mental clarity and focus with cognitive exercises and strategies to sharpen your mind and boost productivity.



JUNE

Theme:

Thrive Together to Lift Each Other

Build meaningful connections that foster collective growth, support, and shared wellbeing.



JULY

Theme:

Build Resilience and Bounce Back Stronger

Strengthen your ability to adapt. Build mental toughness and emotional flexibility to confidently overcome life's challenges.



AUGUST

Theme:

Unlock Your Creative Potential

Unlock your creative potential with workshops, meditation practices and exercises that encourage personal growth through creativity.



SEPTEMBER

Theme:

Nurture Yourself with Nature

Learn how to reconnect with nature and adopt eco-friendly habits that support personal wellness and the planet.



OCTOBER

Theme:

Fueling Health and Performance

Gain insights on how to nourish your body through balanced nutrition.



NOVEMBER

Theme:

Own Your Story by Living with Purpose

Discover purposeful living strategies and actionable tips to help you find greater meaning in everyday life.



DECEMBER

Theme:

Reflect on Wins and Build a Strong Future

Reflect on your achievements and learn goal-setting techniques to prepare for the new year with intention and clarity.

30-Day Fitness Survival Challenge:

Can You Make the Cut?



Starts on:

 **Jan 02 – Jan 31, 2025**

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.

🏆GINA🔥 This challenge is all about celebrating your favorite workouts while competing for exciting prizes! Sync your workout or activity minutes to Wellness Coach, whether it's yoga, cycling, weightlifting, or dancing, every minute counts.

PRIZES

At the end of the challenge, we'll raffle off gift cards ranging from \$25 to \$100 among the top finishers! Only those who complete all 30 days are eligible so stick with it and good luck!



**JOIN
NOW!**



Join Us: January 2025's Community Events

Monthly Theme: **Build Habits For a Happier and Stronger 2025**

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



Featured Workshops, Yoga & Meditations



Meditation: Turning the Page to New Possibilities

12:30 pm ET - Coach Jennifer Jannelle

[Register Here](#)



Meditation: Awaken Your Year with Intention

8:00 am ET - Coach Corene Summers

[Register Here](#)



Let's Talk: The Power of a Morning Routine

5:30 pm ET - Coach Laura Saltman

[Register Here](#)



Let's Talk: Power Up with Easy Health Habits

12:30 pm ET - Coach Wellington Oliviera

[Register Here](#)



Let's Talk: Simple Steps to Better Sleep

12:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Yoga: Flow into 2025 with Joy and Purpose

12:30 pm ET - Coach Wenlin Tan

[Register Here](#)



Stretch: Desk-Friendly Exercises for Office Workers

11:00 am ET - Coach Yolande Hill

[Register Here](#)



Workshop: Building Your Financial Roadmap for Success

3:30 pm ET - Coach Victoria Zacchilli

[Register Here](#)



Let's Talk: Eating Well on a Busy Schedule

3:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Meditation: Embracing New Beginnings with Gratitude

3:30 pm ET - Coach Kristen Eykel

[Register Here](#)



Questions? Contact support@wellnesscoach.live

February's Community Challenge:

Strengthen Your Connections

21 Days to Better Relationships

 **Feb 08 – Feb 28, 2025**

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Embark on a transformative 21-day journey to nurture meaningful relationships in your life. Through daily guided practices, reflections, and actionable challenges, you'll explore the foundations of trust, communication, and connection to bring more joy and intention into your relationships. ❤️🌟

🎯 By the end of these 21 days, you'll have the tools, practices, and mindset to foster more meaningful, resilient, and joyful relationships—both at home and at work.



PRIZES:

Finish all the sessions in the challenge, and you'll be entered into a raffle for a chance to win! 10 lucky winners will each receive a **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: February 2025's Community Events

Monthly Theme: **Unlock the Secrets to Wholehearted Living**

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



Featured Workshops & Meditations



Let's Talk: Aligning Your Spending with Your Values

7:30 pm ET - Coach Holly Morphew

[Register Here](#)



Let's Talk: Parenting with Patience and Perspective

11:30 am ET - Coach Gerald Gonzalez

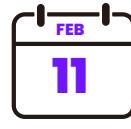
[Register Here](#)



Workshop: A Wellness Approach to Cancer Prevention

3:30 pm ET - Coach Samantha Harris

[Register Here](#)



Let's Talk: Role of Connection in Emotional Wellbeing

3:30 pm ET - Coach Laura Saltman

[Register Here](#)



Meditation: Finding Wholeness Through Self-Compassion

3:30 pm ET - Coach Jordan Benn

[Register Here](#)



Workout: Pilates for Mindful Living

8:00 am ET - Coach Yolande Hill

[Register Here](#)



Workshop: Everyday Habits for Long-Lasting Heart Health

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Meditation: Gratitude in the Present Moment

12:30 pm ET - Coach Woody Goulart

[Register Here](#)



Meditation: Nurture Your Heart with Calm and Clarity

12:30 pm ET - Coach Jennifer Janelle

[Register Here](#)



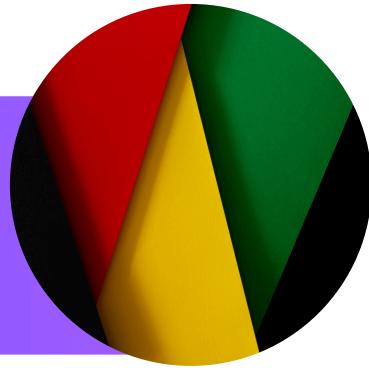
Let's Talk: Celebrating Whole Foods for Wholehearted Living

12:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Questions? Contact support@wellnesscoach.live



Celebrating Black History Month

At Wellness Coach, we believe that Black History Month is a dedicated time to honor and recognize the rich heritage, significant contributions, and enduring resilience of Black individuals throughout history.

Dive into these resources to gain a deeper understanding, foster meaningful discussions, and embrace practices that contribute to a more inclusive and supportive environment.

Join us for a series of live sessions designed to celebrate Black History Month.

Positive Habits for Black Health and Wellness

Coach: Jordan Benn

Tue, Feb 11, 10:30 AM- 30 mins

[Attend here](#)

Being an Ally for Your Black Co-Workers

Coach: Francisco Pucciarello

Tue, Feb 4, 1:00 PM- 30 mins

[Attend here](#)

Black History Month: Inspiring Inclusive Work Cultures

Coach: Joél Arvizo-Zavala

Thu, Feb 20, 12:30 PM- 30 mins

[Attend here](#)

Featured On-Demand Resources:

- Let's Talk About Black History Month: Black Women & Work-Life Harmony. [Watch now](#)
- Black History Month: A Time of Love and Revolution [Watch now](#)
- Let's Talk About Black History Month: Bringing Mindfulness To The Black Community [Watch now](#)
- Let's Talk about Black History Month: Making Mental Health Equal [Watch now](#)
- Gaining Strength Through Others [Watch now](#)
- Strengthening Your Boundaries and Finding Self-Worth as a Minority [Watch now](#)
- Gaining Strength in Challenge [Watch now](#)
- Finding Ourselves through an Identity [Watch now](#)

Don't have the app yet?

SCAN THE QR



March's Community Challenge: The 31-day Gut Reset: Feed Your Microbiome



Mar 1 – Mar 31, 2025

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Your gut health affects everything, from digestion and energy to mood and immunity.

In this 31-day challenge, you'll learn simple, science-backed ways to nourish your microbiome, reduce bloating, and build long-term gut-friendly habits. Each day includes practical insights and a short pause for reflection, so keep a notebook handy to track your progress, jot down insights, and personalize your gut health journey.

Small steps, big impact—let's get started!



PRIZES:

Everyone who completes all sessions will be entered into a special raffle, where 10 lucky winners will each receive a **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: March 2025's Community Events

Monthly Theme: **Wake Up Strong with Quality Sleep**

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



Featured Workshops, Let's Talks & Meditations



Meditation: Strengthening Your Inner Connection

12:30 pm ET - Coach Jordan Benn

[Register Here](#)



Let's Talk: Balancing Parenthood and Personal Wellness

12:30 pm ET - Coach Gerald Gonzalez

[Register Here](#)



Workshop: Tips for Supporting Hormonal Health

11:00 am ET - Coach Charlotte Hay

[Register Here](#)



Workshop: Rest to Perform at Your Best

12:30 pm ET - Coach Amanda Richardson

[Register Here](#)



Workout: Find Your Focus Through Movement

1:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Meditation: Finding Your Happy Place

12:30 pm ET - Coach Jennifer Janelle

[Register Here](#)



Workshop: Moving through Perimenopause and Menopause Confidently

11:00 am ET - Coach Yolande Hill

[Register Here](#)



Meditation: Quieting the Mind

7:00 pm ET - Coach Ian Matthews

[Register Here](#)



Let's Talk: The Role of Sleep in Your Best Self

5:30 pm ET - Coach Corene Summers

[Register Here](#)



Workshop: Unlocking Better Sleep, One Step at a Time

12:30 pm ET - Coach John Kyritsis

[Register Here](#)



Questions? Contact support@wellnesscoach.live

Celebrating Women's History Month

This month, Wellness Coach is hosting special group live sessions focused on women's health and well-being.

From stress management to nutrition and self-care, these sessions are designed to support, educate, and empower. Plus, you can also **access on-demand content** and resources to support your well-being anytime.

You can find all of these resources by going to the app—just scroll down to the bottom of your home screen—or click the links below.

★ Explore our on-demand content curated for Women's Health Month and access resources anytime, just click on the links below.

[Women's Health and Wellness](#)

[Hormonal Balance in Women](#)

[Yoga: Empowering Women](#)

[Menopause at Work](#)

[Menopause and Sleep](#)

[MINDFUL MOVEMENT Breath & Pelvic Floor Wellness](#)

[Let's Talk: Empowering Women in the Workplace](#)

 [Audiobook recommendation:](#)

[How Remarkable Women Lead](#)

Check out the session details and join us live! ❤



Workshop: The Art of Giving Without Losing Yourself

12:30 pm ET - Coach Amanda Richardson

[Register Here](#)



Workshop: Tips for Supporting Hormonal Health

11:00 am ET - Coach Charlotte Hay

[Register Here](#)



Workout: Pelvic Floor

12:30 pm ET - Coach Brooke Campbell

[Register Here](#)



Workshop: Moving through Perimenopause and Menopause Confidently

11:00 am ET - Coach Yolande Hill

[Register Here](#)



Questions? Contact support@wellnesscoach.live

April's Community Challenge: 10 Days to Level Up Your Financial Superpowers



Apr 2 – Apr 11, 2025



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Your financial well-being impacts every part of your life—from daily stress levels to long-term security and freedom.

In this 10-day challenge, you'll discover simple, practical ways to manage money smarter, build better habits, and set yourself up for lasting financial success.



PRIZES:

Everyone who completes all sessions will be entered into a special raffle, where  10 lucky winners will each receive a **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: April 2025's Community Events

Monthly Theme: **Get Ahead with Smart Money Moves**

Join our coaches in group coaching sessions, featuring meditations, fitness sessions, and workshops.



Featured Workshops & Meditations



Workshop: How to Shop Smarter and Cut Food Costs

1:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Workshop: Healthy Habits That Fit into a Busy Life

12:30 pm ET - Coach Wellington Oliveira

[Register Here](#)



Workshop: What to Buy and Avoid in Your Fitness Journey

12:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Workshop: From Overspending to Smart Saving

1:30 pm ET - Coach Holly Morphew

[Register Here](#)



Meditation: Letting Go of Financial Regrets

4:00 pm ET - Coach Nate Macanian

[Register Here](#)



Workshop: How to Stop Buying on Impulse

12:30 pm ET - Coach Victoria Zacchilli

[Register Here](#)



Meditation: Exhale Financial Anxiety, Inhale Confidence

3:30 pm ET - Coach Laura Saltman

[Register Here](#)



Workshop: Building an Emergency Fund Without Cutting Out Fun

1:30 pm ET - Coach Holly Morphew

[Register Here](#)

Recognizing **World Day for Safety and Health at Work & International Dance Day**



Workshop: Simple Ergonomic Fixes for a Safer Workplace

4:00 pm ET - Coach Amanda Richardson

[Register Here](#)



Cardio Dance: Groove with Gratitude

3:30 pm ET - Coach Brooke Campbell

[Register Here](#)



Questions? Contact support@wellnesscoach.live



May's Community Challenge: Fundraiser: A Walk for Mental Health



May 12 – 18, 2025

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Join the Movement: May is Mental Health Month, and we're stepping up to make a difference! Join us in supporting the [United for Global Mental Health](#), a charity dedicated to transforming the lives of children and families.

Join us in stepping up for a cause that truly matters. Together, we can make a difference, one step at a time!



FUNDRAISER DETAILS

For every participant who joins, Wellness Coach donates to United for Global Mental Health, up to \$0.50 per person based on team size, plus \$25 for each team averaging 7,000 steps per day.



TO JOIN CHALLENGE



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: May 2025's Community Events

Monthly Theme: **Focus Like a Pro and Boost Your Mental Health**

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



Featured Workshops & Meditations



Let's Talk: Building a Stronger Mindset for Tough Times
5:30 pm ET - Coach Laura Saltman
[Register Here](#)



Workout: Supporting Hormonal Health with Gentle Movement
3:30 pm ET - Coach Charlotte Hay
[Register Here](#)



Let's Talk: The Intersection of Mental Health and Childhood Development
12:30 pm ET - Coach Tom Gebrouski
[Register Here](#)



Meditation: Letting Go of Perfectionism for Better Mental Health
4:00 pm ET - Coach Nate Macanian
[Register Here](#)



Workshop: Navigating Workplace Conflicts with Confidence
3:30 pm ET - Coach Francisco Pucciarello
[Register Here](#)



Workout: Core Stability for Women
12:30 pm ET - Coach Brooke Campbell
[Register Here](#)

Recognizing International Workers' Day & AAPI Heritage Month



Workshop: Growing as a Leader in a Diverse Workplace
12:30 pm ET - Coach Reeshemah Davis
[Register Here](#)



Workshop: Embracing AAPI Identity in a Changing World
12:30 pm ET - Coach Huong Ngyuen
[Register Here](#)



Yoga: Finding Peace and Power in AAPI Identity
11:00 am ET - Coach Wenlin Tan
[Register Here](#)



Let's Talk: Balancing Tradition and Modern Parenting in AAPI Households
3:30 pm ET - Coach Gerald Gonzales
[Register Here](#)



Questions? Contact support@wellnesscoach.live



June's Community Challenge:

Lend a Hand, Lift a Heart Challenge



June 9 – 18, 2025



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Small acts of connection create a lasting impact.

This 7-day challenge invites you to:

- 🌟 Slow down and be fully present
- ⌚ Listen deeply and hold space for others
- 💛 Give from a place of abundance, not obligation
- ⌚ Notice the ripple effect of your smallest choices

Each day, a guided meditation will help you reflect on how you show up for others, through attention, generosity, and meaningful conversations.



PRIZES

Everyone who completes all sessions will be entered into a special raffle, where **10 lucky winners will each receive a \$25 gift card!**



TO JOIN CHALLENGE

CLICK
HERE TO
JOIN
TODAY!



Join Us: June 2025's Community Events

Monthly Theme: **Thrive Together to Lift Each Other**

Join our coaches in group coaching sessions, featuring meditations, yoga sessions, and workshops.



Featured Workshops & Meditations



Workshop: Building a Culture of Encouragement & Collaboration

2:30 pm ET - Coach Reeshemah Davis

[Register Here](#)



Meditation: Gratitude for the People Around You

4:00 pm ET - Coach Nate Macanian

[Register Here](#)



Workshop: Building Trust and Connection in Everyday Life

1:30 pm ET - Coach Lily Lomeli

[Register Here](#)



Meditation: Expanding Awareness for a More Inclusive Mindset

2:00 pm ET - Coach Huong Ngyuen

[Register Here](#)



Workshop: Building an Inclusive Workplace for LGBTQ+ Employees

3:30 pm ET - Coach Joél Arvizu-Zavala

[Register Here](#)



Workshop: How Bias Shapes Our Decisions and Ways to Counteract It

12:30 pm ET - Coach Jaime Raygoza

[Register Here](#)

Recognizing World Environment Day & Juneteenth



Workshop: Ditch the Waste, Save the Planet

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Juneteenth: Honoring the Past, Building the Future

3:30 pm ET - Coach Joél Arvizu-Zavala

[Register Here](#)

Celebrating Global Parents' Day & International Yoga Day



Workshop: Setting Boundaries for a Healthier Parenting Life

12:30 pm ET - Coach Tom Gebrouski

[Register Here](#)



Yoga Day: Power and Grace in Motion

12:30 pm ET - Coach Corene Summers

[Register Here](#)



Questions? Contact support@wellnesscoach.live

July's Community Challenge: **Real-Life Level Up: Achieve Your IRL Superpowers**

 **July 14 – 20, 2025**

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Resilience isn't something you're born with, it's something you build. 

This 7-day challenge helps you strengthen your ability to adapt, recover, and thrive in the face of life's challenges.

Each session offers guided reflection and practical techniques to reframe setbacks, manage stress, embrace flexibility, and step into courage.



PRIZES

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a  **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: July 2025's Community Events

Monthly Theme: **Build Resilience and Bounce Back Stronger**

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



Featured Workshops & Meditations



Meditation: Embracing Change with an Open Mind
12:30 pm ET - Coach Jordan Benn
[Register Here](#)



Yoga: Breathe, Stretch, and Bounce Back
11:00 am ET - Coach Wenlin Tan
[Register Here](#)



Meditation: Finding Inner Peace in Difficult Times
5:30 pm ET - Coach Scott Townsend
[Register Here](#)



Workshop: Finding Your Voice in Difficult Conversations
3:30 pm ET - Coach Francisco Pucciarello
[Register Here](#)



Let's Talk: Staying Focused Under Pressure
4:00 pm ET - Coach Elizabeth Markie
[Register Here](#)



Workshop: Bouncing Back from Financial Setbacks
12:30 pm ET - Coach Holly Morphew
[Register Here](#)



Meditation: Cultivating the Courage to Keep Going
4:00 pm ET - Coach Nate Macanian
[Register Here](#)



Stretch: Unlock Stiffness and Feel Your Best
12:30 pm ET - Coach Arnes Kevric
[Register Here](#)

Celebrating International Day of Friendship



Meditation: Cherishing the People Who Lift You Up
8:00 am ET - Coach Corene Summers
[Register Here](#)



Workshop: The Role of Empathy and Kindness in Strong Friendships
12:30 pm ET - Coach Lily Lomeli
[Register Here](#)



Questions? Contact support@wellnesscoach.live

August's Community Challenge: **Biohack Your Best Self: 21 Days to Optimize YOU**

 **August 3 - 24, 2025**

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Biohacking means working *with* your body and brain to feel your best, using small, science-backed shifts that create big results.

From sharper focus  to deeper sleep  and better mood , this challenge helps you tap into your potential, one powerful upgrade at a time.

 **PRIZES**

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a  **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**





Join Us: August 2025's Community Events

Monthly Theme: **Unlock Your Creative Potential**

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



Featured Workshops & Meditations



Workshop: Using Vision Boarding for Creativity
3:30 pm ET - Coach Corene Summers

[Register Here](#)



Meditation: Align Your Mind and Imagination
12:30 pm ET - Coach Jordan Benn

[Register Here](#)



Let's Talk: The Neuroscience of Boredom and Big Ideas
3:30 pm ET - Coach Elizabeth Markie

[Register Here](#)



Workshop: Developing Focus and Imagination Through Creativity
3:30 pm ET - Coach Laura Saltman

[Register Here](#)



Stretch: Reset Your Body, Refresh Your Mind
1:30 pm ET - Coach Arnes Kevric

[Register Here](#)



Workshop: The 7 Types of Rest for Creative Recharge
3:30 pm ET - Coach Lily Lomeli

[Register Here](#)



Yoga: Flow into Creativity
11:00 am ET - Coach Wenlin Tan

[Register Here](#)



Meditation: Making Space for Ideas to Flow
5:30 pm ET - Coach Nate Macanian

[Register Here](#)

Recognizing World Humanitarian Day & Women's Equality Day



Workshop: Being Human in a Digital World
12:30 pm ET - Coach John Kyritsis

[Register Here](#)



Workshop: Women's Mental Load and Its Impact on Wellbeing
3:30 pm ET - Coach Reeshemah Davis

[Register Here](#)



September's Community Challenge:

Breathe in the Outdoors: Nature's Wellness Boost



Sept 7 – Sept 20, 2025



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Join us in a 14-day challenge of nature-inspired meditations to calm your nervous system, sharpen your focus, and restore balance. Step outside, or simply pause and tune in, as each daily session helps you reconnect with the world around you and within you. 🌳



PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a 🎁 **\$25 gift card!**



Join Us: September 2025's Community Events

Monthly Theme: **Nurture Yourself With Nature**

Join our coaches in group coaching sessions, featuring meditations, yoga sessions, and workshops.



Featured Workshops & Meditations



Workshop: Protein & Nutrients for Active Aging

3:30 pm ET

Highlights the role of protein, calcium, and vitamin D in maintaining muscle, bone strength, and overall resilience

[Register Here](#)



Meditation: Rooted Like a Tree

8:00 am ET

A visual concept inspired by trees to evoke steadiness and calm

[Register Here](#)



Workshop: The Power of Eating the Rainbow

12:30 pm ET

Explore how colorful fruits and veggies boost health and energy, with easy tips for vibrant, nutrient-rich meals

[Register Here](#)



Workshop: What Nature Teaches Us About Resilience

3:30 pm ET

Discover how nature's resilience—through rest, renewal, and quiet strength—can help you manage stress and stay grounded

[Register Here](#)



Yoga: Flex & Flow for Seniors

11:00 am ET

A gentle yoga session for older adults to boost strength, balance, and ease

[Register Here](#)



Workshop: Creating Habits That Align With Nature

12:30 pm ET

Encourage routines with natural rhythms like sunrise, weekly cycles, instead of rigid to-do lists

[Register Here](#)

Hispanic Heritage Month



How to Support Hispanic/Latinx Communities

3:30 pm ET

A workshop to understand Latinx experiences and practice inclusive, respectful allyship

[Register Here](#)



Embracing Culture and Confidence

3:30 pm ET

Explore how culture shapes your inner voice and learn to reframe it with confidence and compassion

[Register Here](#)

World Heart Day & World Gratitude Day



Meditation: A Moment for Your Heart

3:30 pm ET

A quiet moment to connect with your heart and inner warmth

[Register Here](#)



Meditation: Gratitude for the Earth

5:30 pm ET

A grounding meditation to honor and feel gratitude for the Earth

[Register Here](#)



Questions? Contact support@wellnesscoach.live

Community Fundraiser: A Walk for Breast Cancer

 **Oct 1 - Oct 31, 2025**

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Wellness Coach is hosting a Community Fundraiser to help raise funds and awareness for Breastcancer.org ❤️

To participate, join the challenge along with your colleagues on Wellness Coach and get as many steps as you can!

How to Participate and Fundraiser:

It's simple: the more steps your team averages daily, the more money you raise. Plus, larger teams mean bigger donations!

Wellness Coach will donate on behalf of all teams participating in this challenge, and your company can also contribute to this great cause!



Besides the donation Wellness Coach will be making to Breastcancer.org, participants will also have the opportunity to win prizes!

🏆 At the end of the challenge, the 1st and 2nd place winners in each company (those with the most steps) will be entered into a special drawing.

🎁 From this group, **12 lucky winners** will each receive a **\$25 gift card!**



SCAN ME

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: October 2025's Community Events

Monthly Theme: **Fueling Health and Performance**

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



Featured Workshops & Meditations



Workshop: Managing Finances in Stressful Times
 3:30 pm ET
Learn strategies to ease financial stress, manage money wisely, build confidence
[Register Here](#)



Stretch: Energize Your Body, Refresh Your Mind
 11:00 am ET
Reawaken your body and mind with an energizing stretch
[Register Here](#)



Workshop: Mental Health Starts with Letting It Out
 3:30 pm ET
Explore how expressing yourself through words, movement, or reflection can ease stress
[Register Here](#)



Let's Talk: Managing Work, Life, and Hormonal Shifts
 12:30 pm ET
Explore ways to balance life's demands while honoring the energy and mood shifts of hormonal changes
[Register Here](#)

Hispanic Heritage Month & World Food Day



Let's Talk: Supporting Latinx Mental Health
 3:30 pm ET
A conversation highlighting mental health experiences & strengths of Latinx community
[Register Here](#)



Workshop: Snacking for Busy Days
 12:30 pm ET
Discover simple, healthy snacking strategies to nourish your body and boost your energy
[Register Here](#)

World Health Literacy Month & Mental Health Day



Let's Talk: Asking the Right Questions at the Doctor's Office
 3:30 pm ET
Build confidence in navigating healthcare by learning to ask clear, effective questions
[Register Here](#)



Meditation: Letting Go of Mental Clutter
 8:00 am ET
Pause, reflect, and reconnect in honor of World Mental Health Day
[Register Here](#)

Breast Cancer Awareness Month



Workshop: Lifestyle Habits That Support Breast Health
 3:30 pm ET
Learn daily habits that support breast health, prevention, and overall wellness
[Register Here](#)



Workshop: The Breast Health Toolkit
 3:30 pm ET
Gain tools and strategies to take charge of your long-term breast health
[Register Here](#)



Questions? Contact support@wellnesscoach.live

November's Community Challenge: Discover Your Why



Nov 9 – Nov 15, 2025

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

You're not lost – your purpose is already within you! 

In just a few minutes a day, explore what lights you up, what you're great at, and what matters most, then craft a personal "why" statement that inspires how you live, lead, and grow. 



PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a  **\$25 gift card!**



SCAN ME

**CLICK
HERE TO
JOIN
TODAY!**





Join Us: November 2025's Community Events

Monthly Theme: **Own Your Story By Living With Purpose**

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



Featured Workshops & Meditations



Stretch: Move with Meaning

11:00 am ET

Transform stretching into a mindful practice—enhancing body awareness, and bringing presence to every movement

[Register Here](#)



Meditation: Honoring the Journey So Far

12:30 pm ET

Pause to honor your journey—celebrating growth, resilience, and every step you've taken

[Register Here](#)



Workshop: From Auto-Pilot to Intentional Living

3:30 pm ET

Shift to intentional living with simple strategies for more purpose and joy each day

[Register Here](#)



Let's Talk: Showing Kindness in Tough Conversations

3:30 pm ET

Even in tough moments, kindness can lead with compassion and courage

[Register Here](#)

International Stress Awareness Week & Men's Health Awareness Month



Workshop: Recognizing Stress Signals in the Body

3:30 pm ET

Learn to hear your body's early stress signals—and respond with care before overwhelm sets in

[Register Here](#)



Workshop: Preventive Health Tips for Men

12:30 pm ET

Learn about key check-ups, screenings, and body signals every man should know

[Register Here](#)

Diabetes Awareness Month



Let's Talk: Supporting Someone with Diabetes

12:30 pm ET

Support loved ones with diabetes through compassion, encouragement, and understanding

[Register Here](#)



Workshop: Balanced Blood Sugar, Balanced Life

12:30 pm ET

Balanced blood sugar means better mood, energy, sleep, and health—learn to support it daily

[Register Here](#)

Family Caregivers Month



Let's Talk: When You're the One Everyone Leans On

3:30 pm ET

Take time to reflect, set boundaries, and care for yourself without guilt

[Register Here](#)



Meditation: A Pause for the Caregiver's Heart

11:00 am ET

A pause to refill your cup and reconnect with your purpose

[Register Here](#)



Questions? Contact support@wellnesscoach.live

December's Community Challenge: The 5 Day Reflect and Reset Challenge



Dec 7 – Dec 11, 2025



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Give yourself five days to slow down, reflect, and reset before the year ends 🎉

Each session offers calm space to release what you don't need and reconnect with what matters, so you can step into what's next feeling clear and refreshed.



PRIZES:

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a **\$25 gift card!**



SCAN ME

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: December 2025's Community Events

Monthly Theme: **Reflect on Wins and Build a Strong Future**

Join our coaches in group coaching sessions, featuring meditations, dance sessions, and workshops.



Featured Workshops & Meditations



Let's Talk: Eating Better Without Obsessing About It

12:30 pm ET

Join us for a real conversation about eating well, without guilt, stress, or rules

[Register Here](#)



Meditation: Letting Go of the Guilt This Year

3:30 pm ET

A gentle meditation to release guilt, embrace self-forgiveness, and move forward with compassion

[Register Here](#)



Workshop: Owning Your Voice and Your Growth

3:30 pm ET

A reflective workshop to honor your growth, find your voice, and carry quiet courage into the year ahead

[Register Here](#)



Workshop: A Vision Board for Your Next Chapter

3:30 pm ET

Explore how to clarify your goals and create a vision board that brings your dreams to life

[Register Here](#)



Dance Cardio: Shake Off the Year

12:30 pm ET

An energizing dance cardio session to move, groove, and shake off the weight of the past year

[Register Here](#)



Let's Talk: Sustainable Shifts, Not Quick Fixes

12:30 pm ET

Say goodbye to all-or-nothing thinking with three small, powerful shifts that makes a big impact on well-being

[Register Here](#)



Meditation: A Pause to Celebrate You

12:30 pm ET

A nurturing meditation to reflect, honor your growth, and celebrate the resilience you've shown this year

[Register Here](#)



Meditation: Solstice Heart Celebration

8:00 am ET

A special meditation to honor the darkness, welcome the returning light, and reflect with gratitude on the year's quiet gifts and new beginnings

[Register Here](#)



Let's Talk: What I'm Not Bringing Into Next Year

3:30 pm ET

Join an honest conversation on letting go of perfectionism, people-pleasing, and burnout—with intention and self-compassion

[Register Here](#)



Meditation: Reflecting on the Year with Gratitude

8:00 am ET

A mindful meditation to reflect with gratitude on the moments, lessons, and growth that shaped your year

[Register Here](#)



Questions? Contact support@wellnesscoach.live