

December Monthly Community Activities from Wellness Coach

This month, we pause to honor what we've achieved and who we've become. Let's build on those wins to shape a future filled with strength, clarity, and growth.

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

Community Challenge:



December's Community Challenge:

The 5 Day Reflect and Reset Challenge

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



Dec 7 – Dec 11, 2025

Some of our workshops and meditations:



Meditation: Letting Go of the Guilt This Year



Dance Cardio: Shake Off the Year



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

[Access Flyers here](#)