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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: **Restore & Renew**



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December's Community Challenge:

Your Next Chapter

Celebrate your wins, release what no longer serves you, and envision a clear, energizing next chapter.

 **Dec 07– Dec 11, 2026**

Some of our workshops and meditations:



Yoga: Adaptive Movement for Every Body

Coach Wenlin Tan

[Register Here](#)



Let's Talk: The Joy of Giving, Without Burning Out

Coach Laura Saltman

[Register Here](#)



Meditation: The Gift of Simplicity

Coach Amber Kelsey-Ferri

[Register Here](#)



Meditation: Planning for the Unexpected

Coach Sarah Takehara

[Register Here](#)

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