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January's Community Challenge:
Energize Your Year



Starts on:

Jan 01- Jan 31, 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.

Energize your year with simple, sustainable activity habits. From stretches to walks to dancing in your living room, every minute counts toward building strength and starting 2026 strong. Climb the leaderboard with every minute, and make January the month you turn movement into momentum!

PRIZES

The top 100 participants will be entered into a drawing, where 10 lucky winners will each receive a $25 USD gift card! 🎁👟

JOIN NOW!



Need help? Email us at **support@wellnesscoach.live**

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

Monthly Theme: **Start Fresh**

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



Featured Workshops, Yoga & Meditations

JAN 5
Letting Go of 2025: A Guided Meditation
111:00 am ET - Coach Gayle Van Gils
Register Here

JAN 7
Vision Board: Picture Your Best Year Yet
12:30 pm ET - Coach Corene Summers
Register Here

JAN 8
Let's Talk: Eating Well in the New Year
11:00 am ET - Coach Tessa Spisak
Register Here

JAN 12
Let's Talk: Cultivating Optimism and Motivation
3:30 pm ET - Coach Dr. Jaime G Raygoza
Register Here

JAN 14
Let's Talk: Creating a Support System for Change
12:30 pm ET - Coach Laura Saltman
Register Here

JAN 16
Dance: Move for Joy
3:30 pm ET - Coach Brooke Campbell
Register Here

JAN 21
Workshop: Nutrition Habits for a Fresh Start
3:30 pm ET - Coach Melissa Henkin
Register Here

JAN 23
Meditation: Gratitude as a Fresh Start
8:00 am ET - Coach Corene Summers
Register Here

JAN 27
Meditation: Begin Again with Calm and Clarity
12:30 pm ET - Coach Nate Macanian
Register Here

JAN 29
Workshop: Create Habits That Actually Stick
12:30 pm ET - Coach Wellington Oliveira
Register Here

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February's Community Challenge:
Build Your Resilience



Starts on:

Feb 02- Feb 15, 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.

Emotional strength isn't about pushing through, it's about learning to steady yourself with awareness, compassion, and care. In this 14-day challenge, you'll explore daily audio practices that help you manage emotions, restore balance, and build genuine resilience from the inside out.

PRIZES

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

JOIN NOW!



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

Monthly Theme: **Build Emotional Strength**

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



Featured Workshops, Yoga & Meditations

FEB 2
Let's Talk: Micro-Breaks, Major Benefits
12:30 pm ET - Coach Kandice Klumb
Register Here

FEB 4
Let's Talk: Supporting Each Other Through Cancer
12:30 pm ET - Coach Laura Saltman
Register Here

FEB 6
Cardio: Go Red for Heart Health
3:30 pm ET - Coach Jenny Ferrero
Register Here

FEB 9
Workshop: Celebrating Black Excellence in Wellness
12:30 pm ET - Coach Jordan Benn
Register Here

FEB 11
Let's Talk: Heart Health Habits That Last
3:30 pm ET - Coach Tessa Spisak
Register Here

FEB 13
Meditation: Small Wins, Big Confidence
8:00 am ET - Coach Corene Summers
Register Here

FEB 17
Let's Talk: Raising Resilient Kids in a Busy World
3:30 pm ET - Coach Stefan Ravalli/Gerald Gonzales
Register Here

FEB 20
Let's Talk: Equality in Action
3:30 pm ET - Coach Joél Arvizo-Zavala
Register Here

FEB 24
Let's Talk: Finding Calm in Your Finances
12:30 pm ET - Coach Adam Kol
Register Here

FEB 27
Meditation: Body Scan for Calm Awareness
11:00 am ET - Coach Sarah Takehara
Register Here

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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 about reclaiming rest to feel sharper and more energized. Each day, try small shifts like setting screen boundaries, creating bedtime rituals, or practicing relaxation. 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!



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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

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April's Community Challenge: **Your Financial Fresh Start**



Starts on:

Apr 06- Apr 15, 2026

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.

Take small, practical steps to ease financial stress, build awareness around your spending, and create habits that lead to long-term stability.

PRIZES

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

JOIN NOW!



Need help? Email us at **support@wellnesscoach.live**

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

Monthly Theme: **Build Money Confidence**

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



Featured Workshops, Yoga & Meditations

APR 1
Meditation: Breathwork for Stress Awareness
Coach Laura Saltman
Register Here

APR 3
Let's Talk: Financial Resilience for Life's Uncertainties
Coach Adam Kol
Register Here

APR 7
Let's Talk: Well-being for All
Coach Lily Lomeli / Laura Saltman
Register Here

APR 9
Workshop: Smart Saving for Future Goals
Coach Sloan Willkins
Register Here

APR 13
Let's Talk: Neuro-Inclusive Workplaces
Coach Joél Arvizo-Zavala
Register Here

APR 15
Ergonomics at Home and Office
Coach Sarah H
Register Here

APR 20
Workshop: How to Talk About Stress at Work
Coach Wellington Oliveira
Register Here

APR 22
Meditation: Celebrating our Planet
Coach Corene Summers
Register Here

APR 24
Let's Talk: Stress Tools for the Neurodiverse Brain
Coach Elizabeth Markie / Laura Saltman
Register Here

APR 28
Let's Talk: Everyday Money Lessons
Coach Adam Kol
Register Here

APR 30
Meditation: Let Go of Financial Anxiety
Coach Holly Morphew
Register Here

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May's Community Fundraiser: **Step Up for Mental Health**



Starts on:
May 01 - May 31, 2026

JOIN THE WELLNESS CHALLENGE!

1. **Scan** the QR Code or click on Join Now!
2. **Join** the Challenge
3. **Sync** your Activity Tracker with Wellness Coach. Your steps will count automatically!

Walk with purpose this Mental Health Awareness Month. Support **United for Global Mental Health** by tracking your steps. Every move matters, join our community to boost your mood and walk for awareness, connection, and care.

UNITED FOR GLOBAL MENTAL HEALTH

You are always welcome to make your own contribution. Visit our fundraiser page here.

Wellness Coach will donate to charity for every participant:

- $0.50 for each participant of teams with at least 100 people
- $0.25 for each participant of teams between 50-99 people
- $0.10 for each participant of teams less than 50 people



Bonus: We unlock an extra $25 if our team averages 7,000+ daily steps!

JOIN NOW!

Need help? Email us at **support@wellnesscoach.live**

May 2026 Community Events

Be Kind to Your Mind

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

01 FRIDAY

Let's Talk: Well-being at Work
Coach Amy Pierre-Russo /Laura Saltman
Register Here

05 TUESDAY

Yoga: Stress Release
Coach Wenlin Tan
Register Here

07 THURSDAY

Meditation: Global Gratitude
Coach Jordan Benn
Register Here

11 MONDAY

Island Flow: Movement and Music from the Pacific
Coach Jenny Ferrero
Register Here

13 WEDNESDAY

Meditation: Leading with Emotional Kindness
Coach Gayle Van Gils
Register Here

15 FRIDAY

Let's Talk: Access for All
Coach Joél Arvizo-Zavala
Register Here

19 TUESDAY

Workshop: AAPI Representation and Well-being at Work
Coach Gerald Gonzales
Register Here

21 THURSDAY

Meditation: A Moment of Calm for Every Mind
Coach Corene Summers
Register Here

21 THURSDAY

Cardio: Get Moving for a New Beginning
Coach Brooke Campbell
Register Here

26 TUESDAY

Meditation: Inner Calm
Coach Laura Saltman
Register Here

28 THURSDAY

Let's Talk: Managing Family Stress with Calm & Connection
Coach Laura Saltman
Register Here

SCAN QR

TO GO TO APP!

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June's Community Challenge:
Power Up Your Plate



Starts on:

Jun 01- Jun 10, 2026

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.

In this challenge, you'll learn how to create balanced meals that fit your lifestyle, combining protein, colorful produce, and healthy fats for all-day energy.

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!



Need help? Email us at **support@wellnesscoach.live**

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

Monthly Theme: **Eat for Energy**

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



Featured Workshops, Yoga & Meditations

JUN 2 — **Workshop: Smart Snacking for Busy Days**
Coach Melissa Henkin
Register Here

JUN 4 — **Let's Talk: Using Inclusive Language at Work**
Coach Joél Arvizo-Zavala
Register Here

JUN 8 — **Move for Energy: Outdoor Fitness for Focus**
Coach Becky Eason
Register Here

JUN 11 — **Let's Talk: Empowering Men's Well-being**
Coach Lars Bodenheimer
Register Here

JUN 15 — **Let's Talk: The Power of Asking for Help**
Coach Kandice Klumb
Register Here

JUN 18 — **Meditation: Summer Solstice**
Coach Amber Kelsey-Ferri
Register Here

JUN 22 — **Yoga: Balance in Body and Mind**
Coach Wenlin Tan
Register Here

JUN 24 — **Let's Talk: Building Your Circle of Support**
Coach Laura Saltman
Register Here

JUN 29 — **Let's Talk: Nutrition & Mood for Kids and Teens**
Coach Tessa Spisak
Register Here