wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

Challenge runs:
02–08 February 2027

February's Community Challenge: **Cortisol Reset**

Learn what winds your stress response up, and build simple daily habits that help your body switch off more easily.

SESSIONS CHALLENGE



HOW TO JOIN

1. Scan the QR Code or Click Here
2. Join the Challenge
3. Enable reminders and sync your device in your settings.



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!**

SCAN TO JOIN

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

Monthly Theme: **Build Emotional Strength**

February's 2027's Community Events

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





04 THURSDAY — 3:30 PM ET

World Cancer Day: Cancer Screening 101

Coach: Samantha Harris
Duration: 30 mins
Register Here

05 FRIDAY — 12:30 PM ET

Biohacking Your Heart Health

Coach: Nicholas Whitaker
Duration: 30 mins
Register Here

10 WEDNESDAY — 12:30 PM ET

Supporting Your Child Through a Difficult Day

Coach: Robin Buckley
Duration: 30 mins
Register Here

12 FRIDAY — 8:00 AM ET

Making Progress Count, Even When It Feels Small

Coach: Corene Summers
Duration: 15 mins
Register Here

25 THURSDAY — 12:30 PM ET

Black History Month: The Art of Allyship

Coach: Austin Durham
Duration: 30 mins
Register Here