wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

February Monthly Community Activities from Wellness Coach

Discover your formula for lasting change, build habits that align with your values, and energize your year.



Challenge runs:
02-08 February 2027

SESSIONS CHALLENGE



Monthly Theme: **Build Emotional Strength**

Community Challenge:

Cortisol Reset

Cortisol Reset is about helping your body come back down after stress. Each day brings one short audio and a simple practice you can use straight away, whether you're in a tense moment, between demands or winding down at night. By the end of the week, you'll have a set of practical ways to switch off more easily, and a clearer sense of what winds you up in the first place.

Some of our workshops and meditations:

FEB 04
World Cancer Day: Cancer Screening 101
3:30 pm ET - Coach Samantha Harris
Register Here

FEB 5
Biohacking Your Heart Health
12:30 pm ET - Coach Nicholas Whitaker
Register Here

FEB 10
Supporting Your Child Through a Difficult Day
12:30 pm ET - Coach Robin Buckley
Register Here

FEB 25
Black History Month: The Art of Allyship
12:30 pm ET - Coach Austin Durham
Register Here

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 the QR Code or Click Here