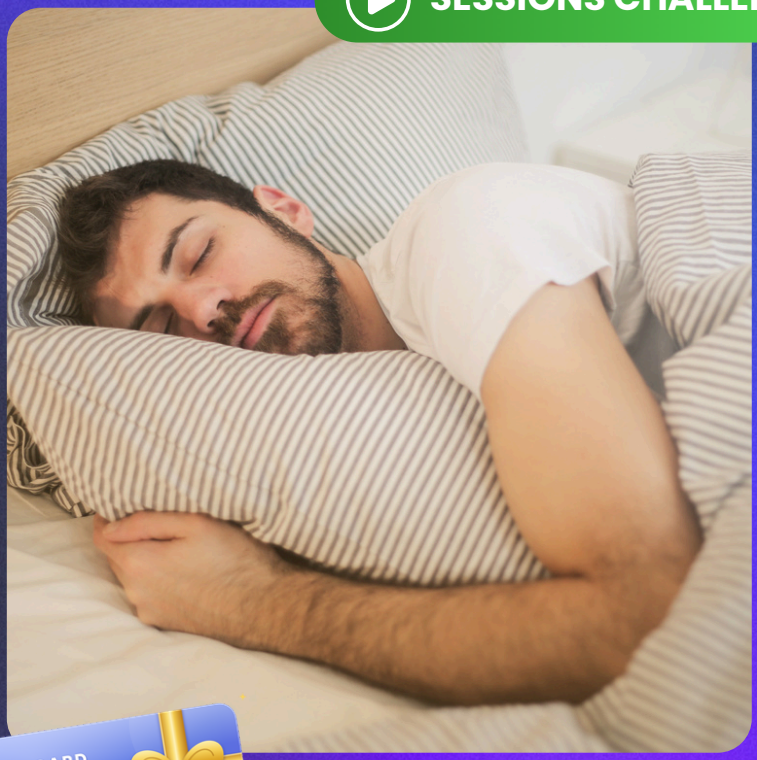
wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

Challenge runs:
02–08
March
2027

March's Community Challenge:
Sleepmaxxing

Sleep better by trying less, with seven short sessions that sort helpful habits from hype and make restless nights easier to handle.

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: **Recharge with Rest**

March 2027's Community Events

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



03 WEDNESDAY — **12:30 PM ET**

Sleep Awareness Month: Sleep Debt and How to Pay It Off
Coach: Lorraine Felix
Duration: 30 mins
Register Here

08 MONDAY — **12:30 PM ET**

Int'l Women's Day: Tools for a More Confident You
Coach: Jessica McClure
Duration: 30 mins
Register Here

15 MONDAY — **3:30 PM ET**

Always Tired? What's Really Draining Your Rest
Coach: Sarah Takehara / Laura Saltman
Duration: 30 mins
Register Here

19 FRIDAY — **8:00 AM ET**

A Practice for Noticing The Good In Your Life
Coach: Corene Summers
Duration: 15 mins
Register Here

