wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

# March Monthly Community Activities from Wellness Coach

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

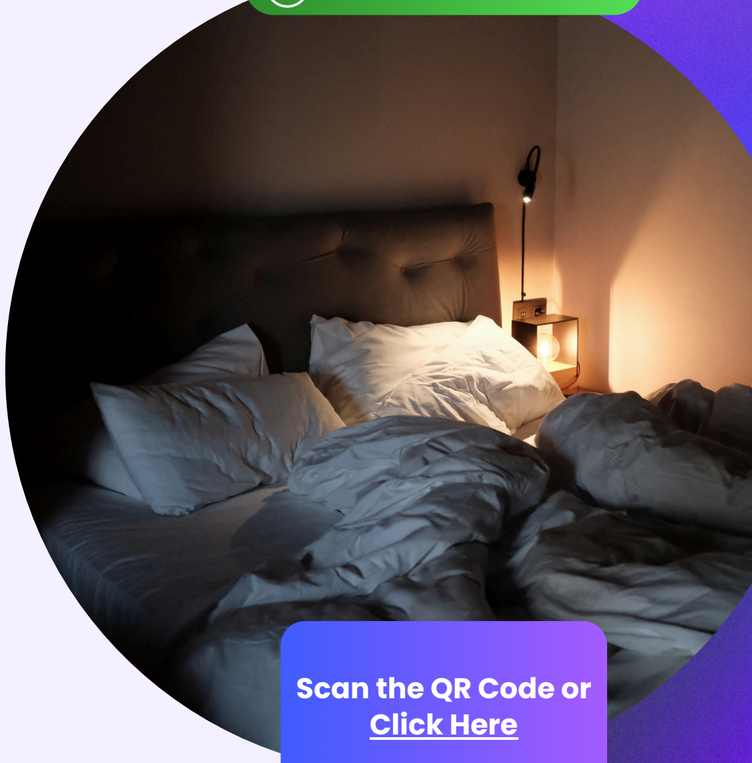
Challenge runs:
**02-08**
**March 2027**



Monthly Theme: **Recharge with Rest**

## Community Challenge:

SESSIONS CHALLENGE



### Sleepmaxxing

Each day brings one short audio with a quick activity, from testing popular sleep claims to getting more from your sleep data and handling the day after a bad night. By the end of the week, you'll know which habits are worth keeping, feel less pressure about the nights that don't go to plan, and have a few simple tools to help you drift off.

Scan the QR Code or Click Here

## Some of our workshops and meditations:

MAR 03
**Sleep Awareness Month: Sleep Debt and How to Pay It Off**
12:30 pm ET - Coach Lorraine Felix
Register Here

MAR 08
**Int'l Women's Day: Tools for a More Confident You**
12:30 pm ET - Coach Jessica McClure
Register Here

MAR 15
**Always Tired? What's Really Draining Your Rest**
3:30 pm ET - Coach Sarah Takehara / Laura Saltman
Register Here

MAR 19
**A Practice for Noticing The Good In Your Life**
8:00 am ET - Coach Corene Summers
Register Here