

Celebrating Black History Month



At Wellness Coach, we believe that Black History Month is a dedicated time to honor and recognize the rich heritage, significant contributions, and enduring resilience of Black individuals throughout history.

Dive into these resources to gain a deeper understanding, foster meaningful discussions, and embrace practices that contribute to a more inclusive and supportive environment.

Join us for a series of live sessions designed to celebrate Black History Month.

Positive Habits for Black Health and Wellness

Coach: Jordan Benn

Tue, Feb 11, 10:30 AM- 30 mins

[Attend here](#)

Being an Ally for Your Black Co-Workers

Coach: Francisco Pucciarello

Tue, Feb 4, 1:00 PM- 30 mins

[Attend here](#)

Black History Month: Inspiring Inclusive Work Cultures

Coach: Joél Arvizo-Zavala

Thu, Feb 20, 12:30 PM- 30 mins

[Attend here](#)

Featured On-Demand Resources:

- Let's Talk About Black History Month: Black Women & Work-Life Harmony. [Watch now](#)
- Black History Month: A Time of Love and Revolution [Watch now](#)
- Let's Talk About Black History Month: Bringing Mindfulness To The Black Community [Watch now](#)
- Let's Talk about Black History Month: Making Mental Health Equal [Watch now](#)
- Gaining Strength Through Others [Watch now](#)
- Strengthening Your Boundaries and Finding Self-Worth as a Minority [Watch now](#)
- Gaining Strength in Challenge [Watch now](#)
- Finding Ourselves through an Identity [Watch now](#)



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