

February's Community Challenge:

Strengthen Your Connections

21 Days to Better Relationships



Feb 08 – Feb 28, 2025



HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Embark on a transformative 21-day journey to nurture meaningful relationships in your life. Through daily guided practices, reflections, and actionable challenges, you'll explore the foundations of trust, communication, and connection to bring more joy and intention into your relationships. ❤️🌟

📌 By the end of these 21 days, you'll have the tools, practices, and mindset to foster more meaningful, resilient, and joyful relationships—both at home and at work.



PRIZES:

Finish all the sessions in the challenge, and you'll be entered into a raffle for a chance to win! 10 lucky winners will each receive a **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: February 2025's Community Events

Monthly Theme: **Unlock the Secrets to Wholehearted Living**

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



Featured Workshops & Meditations



Let's Talk: Aligning Your Spending with Your Values

7:30 pm ET – Coach Holly Morpew

[Register Here](#)



Let's Talk: Parenting with Patience and Perspective

11:30 am ET – Coach Gerald Gonzalez

[Register Here](#)



Workshop: A Wellness Approach to Cancer Prevention

3:30 pm ET – Coach Samantha Harris

[Register Here](#)



Let's Talk: Role of Connection in Emotional Wellbeing

3:30 pm ET – Coach Laura Saltman

[Register Here](#)



Meditation: Finding Wholeness Through Self-Compassion

3:30 pm ET – Coach Jordan Benn

[Register Here](#)



Workout: Pilates for Mindful Living

8:00 am ET – Coach Yolande Hill

[Register Here](#)



Workshop: Everyday Habits for Long-Lasting Heart Health

12:30 pm ET – Coach Tessa Spisak

[Register Here](#)



Meditation: Gratitude in the Present Moment

12:30 pm ET – Coach Woody Goulart

[Register Here](#)



Meditation: Nurture Your Heart with Calm and Clarity

12:30 pm ET – Coach Jennifer Janelle

[Register Here](#)



Let's Talk: Celebrating Whole Foods for Wholehearted Living

12:30 pm ET – Coach Roberto Alonso-Plaza

[Register Here](#)

