

March's Community Challenge: The 31-day Gut Reset: Feed Your Microbiome



Mar 1 – Mar 31, 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

Your gut health affects everything, from digestion and energy to mood and immunity.

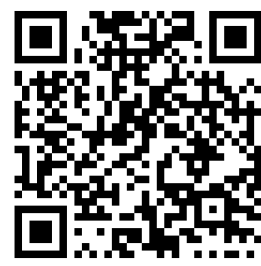
In this 31-day challenge, you'll learn simple, science-backed ways to nourish your microbiome, reduce bloating, and build long-term gut-friendly habits. Each day includes practical insights and a short pause for reflection, so keep a notebook handy to track your progress, jot down insights, and personalize your gut health journey.

Small steps, big impact—let's get started!



PRIZES:

Everyone who completes all sessions will be entered into a special raffle, where 10 lucky winners will each receive a **\$25 gift card!**



**CLICK
HERE TO
JOIN
TODAY!**



Join Us: March 2025's Community Events

Monthly Theme: **Wake Up Strong with Quality Sleep**

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



Featured Workshops, Let's Talks & Meditations



Meditation: Strengthening Your Inner Connection

12:30 pm ET - Coach Jordan Benn

[Register Here](#)



Let's Talk: Balancing Parenthood and Personal Wellness

12:30 pm ET - Coach Gerald Gonzalez

[Register Here](#)



Workshop: Tips for Supporting Hormonal Health

11:00 am ET - Coach Charlotte Hay

[Register Here](#)



Workshop: Rest to Perform at Your Best

12:30 pm ET - Coach Amanda Richardson

[Register Here](#)



Workout: Find Your Focus Through Movement

1:30 pm ET - Coach Roberto Alonso-Plaza

[Register Here](#)



Meditation: Finding Your Happy Place

12:30 pm ET - Coach Jennifer Janelle

[Register Here](#)



Workshop: Moving through Perimenopause and Menopause Confidently

11:00 am ET - Coach Yolande Hill

[Register Here](#)



Meditation: Quieting the Mind

7:00 pm ET - Coach Ian Matthews

[Register Here](#)



Let's Talk: The Role of Sleep in Your Best Self

5:30 pm ET - Coach Corene Summers

[Register Here](#)



Workshop: Unlocking Better Sleep, One Step at a Time

12:30 pm ET - Coach John Kyritsis

[Register Here](#)

