



wellnesscoach

LIVE HEALTHIER, HAPPIER, LONGER.

February Wellness Newsletter



Strengthen Your Connections

21 Days to Better Relationships

Join February's community challenge:

🦋 **Strengthen Your Connections 21 Days to Better Relationships.**

📅 Feb 08 - Feb 28, 2025

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. 💕 ✨

[Join the Challenge](#)

Celebrating Black History Month

At Wellness Coach, we celebrate Black History Month by honoring the achievements, resilience, and contributions of Black individuals throughout history. Join our special live sessions and explore on-demand resources to learn, reflect, and celebrate this important month.

Positive Habits for Black Health and Wellness



Wed, Feb 5, 11:30 am
30 mins



Coach:
Jordan Benn

[Attend this session](#)

Being an Ally for Your Black Co-Workers



Tue, Feb 4, 4:00 pm
30 mins



Coach:
Francisco
Pucciarello

[Attend this session](#)

Black History Month: Inspiring Inclusive Work Cultures



Thu, Feb 20, 3:30 pm
30 mins



Coach:
Joél Arvizo-Zavala

[Attend this session](#)

Download More Black History Month Resources

Tune Into Our Upcoming Live Sessions

🌟 **This Month's Theme: Unlock the Secrets to Wholehearted Living** 🌟

Join us for live sessions with our expert coaches and explore wellness, balance, and self-discovery.

MENTAL WELLNESS

Workshop:

Let's Talk: Parenting with Patience and Perspective



Wed, Feb 5, 11:30 am
30 mins



Coach:
Gerald Gonzales,
Ph.D.

This discussion invites you to explore practical strategies for fostering patience, building meaningful connections, and maintaining perspective through the ups and downs of parenthood. Join the session [here](#).

MENTAL WELLNESS

Workshop:

Let's Talk: Role of Connection in Emotional Wellbeing



Tue, Feb 11, 3:30 pm
30 mins



Coach:
Laura Saltman

Explore the science behind human connection, practical strategies for fostering healthy relationships, and ways to create a supportive community around you. Join the session [here](#).

NUTRITION

Workshop:

Let's Talk: Celebrating Whole Foods for Wholehearted Living



Thu, Feb 27, 12:30 pm
20 mins



Coach:
Roberto Alonso
Plaza

Discover the power of whole foods and their role in nurturing a balanced and vibrant lifestyle. Join us for a conversation as we explore how mindful eating can fuel your body, uplift your spirit, and inspire wholehearted living. Join the session [here](#).

This Month's Featured Content

Mental Wellness:



Kid's Bubble Meditation

Allow your child to visualize their own bubble, a safe space for them to share and explore their feelings. View [here](#).

Fitness:



Low-Impact Cardio Workout

Get your heart rate up with this low-impact cardio workout that's gentle on the joints but still effective. No equipment needed. View [here](#).

[Explore More](#)

Mental Wellness:



Let Go of Stress

Take a moment to unwind with this quick meditation, perfect for easing the weight of daily stress and calming your mind. View [here](#).

By strengthening your emotional resilience, you're not just enhancing your well-being but also unlocking a life filled with balance, joy, and connection. ✨



Launch the App



Got a question? Reach us at support@wellnesscoach.live.

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