

Join Us: March 2024's Community Events

Monthly Theme: **Savoring Good Health**

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

Elevate your workspace wellness by encouraging your team to join the latest community challenge! **Stretch into Spring** will be taking place from March 1st - March 31st, join [here](#).

Join Our Monthly Theme: Savoring Good Health



Workshop: Crafting Your Nutrition + Fitness Path

12:30 pm ET · Coach Jenny Jaucian

[Register Here](#)



Meditation: Eating for Success

8:00 am ET · Coach Corene Summers

[Register Here](#)

Recognizing National Women's History Month



Workshop: Vision Boarding for Women Empowerment

12:30 pm ET · Coach Corene Summers

[Register Here](#)



Meditation: Fostering Compassion for Women

11:00 am ET · Coach Wenlin Tan

[Register Here](#)

Featured Workshops & Meditations



Meditation: From Doubt to Determination

11:00 am ET - Coach Laura Saltman

[Register Here](#)



Meditation: Honoring Women's Day with Gratitude

8:00 am ET - Coach Corene Summers

[Register Here](#)



Workshop: Parenting Peacefully in a Stressful World

12:30 pm ET · Gerald Gonzales, Ph.D

[Register Here](#)



Meditation: Nurturing Well-Being with Nature

3:30 pm ET - Coach Selena Lael

[Register Here](#)



Workshop: Breaking the Overeating Cycle

3:30 pm ET - Coach Tessa Spisak

[Register Here](#)

