



WC 2025 Themes and Community Calendar

JANUARY



Theme:

Build Habits for a Happier and Stronger 2025

Learn how to build mindful habits with practical tools and strategies to start the year with intention.

FEBRUARY



Theme:

Unlock the Secrets to Wholehearted Living

Discover techniques to strengthen emotional resilience and improve your emotional wellbeing.

MARCH



Theme:

Wake Up Strong with Quality Sleep

Discover proven techniques to improve your sleep quality and wake up feeling refreshed and energized.

APRIL



Theme:

Get Ahead with Smart Money Moves

Master your finances by learning practical strategies to take control of your money and build a secure future.

MAY



Theme:

Focus Like a Pro and Boost Your Mental Health

Enhance your mental clarity and focus with cognitive exercises and strategies to sharpen your mind and boost productivity.

JUNE



Theme:

Thrive Together to Lift Each Other

Build meaningful connections that foster collective growth, support, and shared wellbeing.

JULY



Theme:

Build Resilience and Bounce Back Stronger

Strengthen your ability to adapt. Build mental toughness and emotional flexibility to confidently overcome life's challenges.

AUGUST



Theme:

Unlock Your Creative Potential

Unlock your creative potential with workshops, meditation practices and exercises that encourage personal growth through creativity.

SEPTEMBER



Theme:

Nurture Yourself with Nature

Learn how to reconnect with nature and adopt eco-friendly habits that support personal wellness and the planet.

OCTOBER



Theme:

Fueling Health and Performance

Gain insights on how to nourish your body through balanced nutrition.

NOVEMBER



Theme:

Own Your Story by Living with Purpose

Discover purposeful living strategies and actionable tips to help you find greater meaning in everyday life.

DECEMBER



Theme:

Reflect on Wins and Build a Strong Future

Reflect on your achievements and learn goal-setting techniques to prepare for the new year with intention and clarity.