

# March 2023

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday


 Nutrition

5  
Grocery Shopping Tips  
♥ Financial, Educational  
🕒 26 min

6  
Journaling Break  
♥ Mindfulness  
🕒 16 min

7  
Neck Stretches  
♥ Yoga, Stretch  
🕒 14 min

8  
Recipe  
♥ Breakfast  
🕒 9 min

9  
 Bernalong Cafe  
12 PM EST


10  
Antioxidants  
♥ Nutrition Education  
🕒 3 min

11  
Barre Strength  
♥ Barre  
🕒 37 min

12  
Meal Prep  
♥ Recipe, Tips  
🕒 10 min

13  
Affirmations  
♥ Meditation  
🕒 4 min

14  
Yoga  
♥ Yoga  
🕒 5 min

15  
 Food as Fuel  
12 PM EST

16  
Kickboxing  
♥ Cardio  
🕒 59 min

17  
Gut Health  
♥ Nutrition Education  
🕒 25 min

18  
Total Strength  
♥ Strength  
🕒 19 min

19  
Meal Prep  
♥ Recipe, Tips  
🕒 1 min

20  
Stress Reduction  
♥ Meditation  
🕒 5 min

21  
Yoga  
♥ Yoga  
🕒 59 min

22  
Recipe  
♥ Snack  
🕒 4 min

23  
Cardio  
♥ Cardio, Seniors  
🕒 14 min

24  
Food Allergies  
♥ Nutrition Education  
🕒 9 min

25  
Strength  
♥ Strength  
🕒 31 min

26  
Meal Prep  
♥ Tips  
🕒 8 min

27  
Meditation  
♥ Meditation  
🕒 10 min

28  
Destress Stretch  
♥ Yoga, Stretch  
🕒 6 min

29  
Recipe  
♥ Snack  
🕒 min

30  
Cardio & Core  
♥ Core  
🕒 29 min


31  
Food Labels  
♥ Nutrition Education  
🕒 31 min

## ★ March playlist

This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time!

[VIEW THE PLAYLIST](#)

## 6 Monthly Challenge

 3/6 - 3/17

Update your wellness habits on Bernalong and then track your daily progress. Whoever tracks a wellness habit for 15 days is entered into a prize!