



JANUARY-MARCH 2026



As 2025 came to a close, the ATIR community paused to reflect on a year rooted in healing, movement, education, and meaningful connection. Through a blend of virtual and local engagement, ATIR remained committed to creating trauma-informed spaces grounded in accessibility, consistency, and care. The work of the past year reflected our continued commitment to meeting people where they were and supporting wellness as an ongoing, collective journey rather than a single moment or event.

As we look ahead to the new year, we do so with renewed hope, purpose, and excitement for what lies ahead—deeper impact, expanded reach, and continued growth in service in and beyond our community. This newsletter is dedicated to honoring where we have been, celebrating the work that has shaped us, and sharing the vision of where we hope to go together.

WE LOVE YOU, AND WE MEAN IT



IMPACT & ACHIEVEMENT

In 2025, the ATIR Community strengthened both virtual and in-person spaces for healing and connection. Together we:

- Raised over \$20,000 to support survivor-centered and community wellness initiatives
- Sustained an active virtual wellness community of 904 members
- Continued to grow our outreach through social platforms and local partnerships
- Offered consistent hybrid programming that supported year-round participation

These milestones represent trust, engagement, and collective care.

COMMUNITY SUPPORT & PROGRAMMING Supporting Wellness-Virtually & Locally

ATIR's nonprofit mission is rooted in compassionate, trauma-informed engagement. By combining in-person events with a virtual wellness community, ATIR ensured access to care regardless of schedule, mobility, or location. This hybrid approach allowed community members to remain connected and supported throughout the year.

VIRTUAL WELLNESS FOCUS

The ATIR Wellness Community provided a consistent, supportive virtual space where individuals could connect, learn, and heal together. Virtual wellness expanded access while maintaining meaningful connection. Key opportunities we provided were:

- Reduced barriers related to transportation, time, and mobility
- Ongoing engagement through shared resources and wellness
- Peer connection that reduced isolation and strengthened resilience
- Cost-effective programming that extended donor impact

COMMUNITY GROWTH & ENGAGEMENT

With 904 members, along with continued engagement across social platforms, ATIR maintained a steady and supportive presence throughout 2025. Our focus remained on participation, consistency, and care- not algorithms or trends.



LOOKING FORWARD

As we step into 2026, ATIR does so with deep gratitude, renewed energy, and an unwavering sense of hope for what is possible. In the year ahead, we remain committed to cultivating trauma-informed spaces that center healing, movement, education, and authentic connection. We hope to broaden our reach by creating even more accessible pathways for individuals and communities to engage in wellness practices that support both personal and collective growth.

In 2026, we envision strengthening relationships and partnerships that allow us to serve more sustainably and more intentionally. This growth depends on all of us. We invite our community to become more involved by showing up in person, participating in our programs, sharing experiences, and helping amplify our mission through social platforms. Every post shared, conversation started, and space filled helps extend our impact and connect us to those who need this work most.

Above all, we hope to nurture resilience, restore balance, and inspire a deep sense of belonging. As we move forward together, 2026 represents a year of renewed purpose, collective action, and continued commitment to care. With your presence, your voice, and your engagement, both online and in community, we believe healing can continue to grow, ripple outward, and create lasting change.

WELLNESS SPOTLIGHT



SMALL HABITS, BIG CHANGES

Big health goals start with small wins. Try these simple micro-habits to boost your well-being every day



TAKE 3 DEEP BREATHS BEFORE STARTING A TASK

WHY: CALMS THE NERVOUS SYSTEM, REDUCES STRESS, AND IMPROVES FOCUS..



STAND OR MOVE FOR 2 MINUTES EVERY HOUR

WHY: BREAKS UP SEDENTARY TIME, BOOSTS CIRCULATION, AND INCREASES ENERGY.



EAT MINDFULLY—FOCUS ON ONE BITE AT A TIME

WHY: HELPS DIGESTION, PREVENTS OVEREATING, AND STRENGTHENS YOUR RELATIONSHIP WITH FOOD.



SPEND 5 MINUTES OUTSIDE OR IN NATURAL LIGHT

WHY: IMPROVES MOOD, REGULATES SLEEP CYCLES, AND SUPPORTS VITAMIN D PRODUCTION.



EAT WELL:



QUICK ENERGY-BOOSTING SNACKS

Fuel your day with these quick, healthy bites:

- Apple slices with nut butter- A balance of natural sugars, fiber, and healthy fats for steady energy.
- Greek yogurt with berries- Protein-packed with antioxidants to keep you full and focused.
- Trail mix (nuts, seeds, and a touch of dark chocolate)- Easy to grab and rich in healthy fats and iron for sustained energy.
- Hummus with veggie sticks or whole-grain crackers- A satisfying combo of protein, fiber, and complex carbs.



MOVE WORTH MENTIONING: WALL SITS

A fast way to strengthen your legs, glutes, and abs all at once

Move: Squats

Why: Squats improve balance, boost metabolism, and make everyday movements, like bending, lifting, or climbing stairs, easier and safer. Plus, you don't need any equipment, so you can do them almost anywhere!



MIND MATTERS: PAUSE.BREATHE.RESET

Try this simple breathing technique to reduce stress in 1-2 minutes

1. **Breathe:** Take 3 deep, slow breaths.
2. **Check In:** Notice any tension and release it.
3. **Set Intention:** Choose one positive word for the moment.
4. **Move:** Stretch or shake out your body.



HEALTH AWARENESS

January

- Jan 11 – National Human Trafficking Awareness Day: Mental health & safety awareness
- Jan 13–19 – Healthy Weight Week: Nutrition & physical activity
- Jan 24 – Compliment Day: Mental health—boosting positivity

February

- Feb 4 – World Cancer Day: Cancer awareness & prevention
- Feb 7 – National Black HIV/AIDS Awareness Day: Sexual health awareness
- Feb 14 – Valentine's Day: Heart health & emotional wellness
- Feb 28 – Rare Disease Day: Awareness for rare conditions & accessibility

March

- Mar 1–31 – National Nutrition Month: Healthy eating habits & meal planning
- Mar 3 – World Hearing Day: Sensory health awareness
- Mar 8 – International Women's Day: Women's health & empowerment
- Mar 20 – International Day of Happiness: Mental health & wellbeing focus
- Mar 24 – World Tuberculosis Day: Infectious disease awareness & prevention

@atircommunity

www.atirinc.com

"ELEVATE WITH ATIR" FOOD FOR MIND & BODY

WHEN: MONDAY, WEDNESDAY, FRIDAY @6AM
WHERE: IN THE COMFORT OF YOUR OWN HOME ON ZOOM
MEETING ID: 810 3767 6309
PASSCODE: 369423

DURATION: 30 – 40MINS
BRING A FRIEND!



ATIR

**2025
VIRTUAL
STRENGTH
TRAINING**

JOIN US ON ZOOM
MONDAY | WEDNESDAY | FRIDAY
6 AM ET

EQUIPMENT:
WEIGHTS & MAT ENCOURAGED
NOT REQUIRED!

CLASS STARTS:
MONDAY, JANUARY 6TH



ATIR

MOVE MORE CHALLENGE

Ready, Set, Go!

Join a team or support a team as they compete in a 4 month challenge to see who can move the most...

The next challenge begins on
January 26
To sign up [CLICK HERE](#)



FOLLOW US...

Instagram: @atircommunity

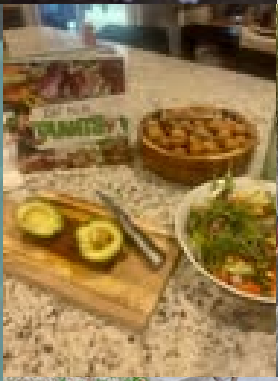
Facebook: The ATIR Community

Facebook Group: The ATIR Wellness Community

Website: Atirinc.com



2025



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