

MEDIA ONE-SHEET

Peighton Woodard

- Mental health support for military spouses
- Wellness strategies for military families
- Building community networks

Bio

Peighton Woodward, a dedicated SOF military spouse and founder of Luna Leaf, has a deep understanding of the unique challenges faced by military families.

Her app provides essential wellness resources tailored to the needs of military spouses, empowering them to prioritize their health and well-being amidst the demands of military life.

With her personal experience and advocacy, Peighton has been featured in various military and family-focused media outlets.

Popular Topics

Prioritizing Wellness as a Military Spouse

Explore the importance of self-care and wellness for military spouses and practical strategies to incorporate it into daily life.

- Walkaway Points: Mindfulness practices, community support, and setting personal health goals.

Building Resilience: Navigating Military Life

Discuss strategies for developing resilience and coping with the challenges of military life as a spouse.

- Walkaway Points: Stress management techniques, community resources, and the importance of mental health.

Creating Community: Connecting Military Spouses

Learn about the significance of building connections within the military community and how to foster supportive networks.

- Walkaway Points: Networking opportunities, resources for community engagement, and the power of shared experiences.



BOOK PEIGHTON

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