



May's Community Challenge: Fundraiser: A Walk for Mental Health



May 12 – 18, 2025

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Join the Movement: May is Mental Health Month, and we're stepping up to make a difference! Join us in supporting the United for Global Mental Health, a charity dedicated to transforming the lives of children and families.

Join us in stepping up for a cause that truly matters. Together, we can make a difference, one step at a time!



FUNDRAISER DETAILS

For every participant who joins, Wellness Coach donates to United for Global Mental Health, up to \$0.50 per person based on team size, plus \$25 for each team averaging 7,000 steps per day.

SCAN ME



TO JOIN CHALLENGE

**UNITED
FOR
GLOBAL
MENTAL
HEALTH**

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: May 2025's Community Events

Monthly Theme: **Focus Like a Pro and Boost Your Mental Health**

Join our coaches in group coaching sessions, featuring meditations, fitness sessions, let's talks and workshops.



Featured Workshops & Meditations



Let's Talk: Building a Stronger Mindset for Tough Times

5:30 pm ET - Coach Laura Saltman

[Register Here](#)



Workout: Supporting Hormonal Health with Gentle Movement

3:30 pm ET - Coach Charlotte Hay

[Register Here](#)



Let's Talk: The Intersection of Mental Health and Childhood Development

12:30 pm ET - Coach Tom Gebrouski

[Register Here](#)



Meditation: Letting Go of Perfectionism for Better Mental Health

4:00 pm ET - Coach Nate Macanian

[Register Here](#)



Workshop: Navigating Workplace Conflicts with Confidence

3:30 pm ET - Coach Francisco Pucciarello

[Register Here](#)



Workout: Core Stability for Women

12:30 pm ET - Coach Brooke Campbell

[Register Here](#)

Recognizing International Workers' Day & AAPI Heritage Month



Workshop: Growing as a Leader in a Diverse Workplace

12:30 pm ET - Coach Reeshemah Davis

[Register Here](#)



Workshop: Embracing AAPI Identity in a Changing World

12:30 pm ET - Coach Huong Ngyuen

[Register Here](#)



Yoga: Finding Peace and Power in AAPI Identity

11:00 am ET - Coach Wenlin Tan

[Register Here](#)



Let's Talk: Balancing Tradition and Modern Parenting in AAPI Households

3:30 pm ET - Coach Gerald Gonzales

[Register Here](#)

