



wellnesscoach LIVE HEALTHIER, HAPPIER, LONGER

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

May 12 - 18, 2025

HOW TO JOIN

- 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.

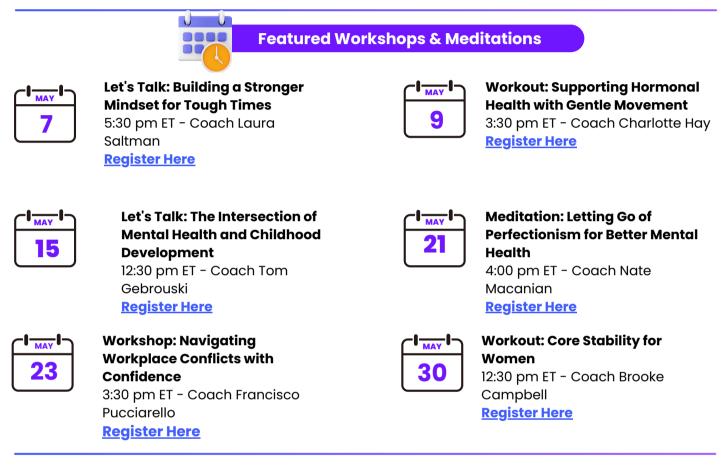




Join Us: May 2025's Community Events

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.



Recognizing International Workers' Day & AAPI Heritage Month



Workshop: Growing as a Leader in a Diverse Workplace 12:30 pm ET - Coach Reeshemah Davis <u>Register Here</u>



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 <u>Register Here</u>



Let's Talk: Balancing Tradition and Modern Parenting in AAPI Households 3:30 pm ET - Coach Gerald Gonzales <u>Register Here</u>



Questions? Contact support@wellnesscoach.live