

# May's Wellness Coach's Monthly Community Activities

This May is Mental Health Awareness Month and Wellness Coach is bringing a full lineup of resources and activities to help you support mental health in your workplace.

## Community Fundraiser:



### ***A Walk for Mental Health***

May 12 – 18

*Benefiting:*

UNITED  
FOR  
GLOBAL  
MENTAL  
HEALTH

As part of this challenge, we'll have a dedicated **Challenge Host** who will help keep participants engaged and motivated! Throughout the challenge, the Host will pop into the challenge chat!

[Access Flyers here](#)

We've created a **special guide** to help your team stay supported and engaged. It's designed to make prioritizing mental well-being easier than ever, all month long.

- 🌟 Inside the guide:
- ✅ New Program
- 📅 Live Events
- 🚶 Community Fundraiser: A Walk for Mental Health (May 12–18)
- 🎧 Curated Mental Health Picks
- 🎥 Quick Mental Health Resources Video

[Access Special Guide Here](#)