

# October Monthly Community Activities from Wellness Coach

This month, we're unlocking the energy, focus, and strength that fuel everyday greatness. Let's start our days with the right habits, movement, and nourishment to perform at our best.

Monthly Theme: **Fueling Health and Performance**

## Community Challenge:



October's Community Challenge:

## Community Fundraiser: A Walk for Breast Cancer

Wellness Coach is hosting a Community Fundraiser to help raise funds and awareness for Breastcancer.org ❤️



**Oct 1 – Oct 31, 2025**

## Some of our workshops and meditations:



**Workshop: Managing Finances in Stressful Times**



**Let's Talk: Supporting Latinx Mental Health**



**Workshop: The Breast Health Toolkit**

## We are also:

**Honoring Breast Cancer Awareness Month, Mental Health Day & Hispanic Heritage Month**

[Access Flyers here](#)