• Here's What's Happening in Wellness Coach This Month!

Wellness Coach has some awesome things happening this April—and we wanted to make sure you're in the know! From a new 10-day **financial wellness challenge** (with prizes!) to a lineup of **live workshops, meditations, and fitness sessions**, there's a lot to explore.

Whether you're looking to feel more confident about money, refresh your habits, or just take a mid-day breather, there's something here for you.

Check out all the highlights below and join in wherever it works for you 👇

Don't have the Wellness Coach yet? Download today!

* April Challenge: Smart Money Moves!

Dates: April 2 - April 11, 2025

Want to feel more in control of your finances? Join this 10-day challenge packed with quick, helpful tips to build healthier money habits—without the overwhelm.

Everyone who completes all sessions will be entered into a raffle—10 lucky winners will get a \$25 gift card!



The Events You Can Join This Month

- 💰 Workshop: How to Shop Smarter and Cut Food Costs
- April 2 | 7 1:30 PM ET | Q Coach Tessa Spisak
- Meditation: Exhale Financial Anxiety, Inhale Confidence
- 🚞 April 7 | 🕞 3:30 PM ET | 🧖 Coach Laura Saltman
- **Register Here**

April 10 12:30 PM ET
★ Workshop: From Overspending to Smart Saving
April 11 7 1:30 PM ET
₩ Workshop: How to Stop Buying on Impulse
April 14 12:30 PM ET
№ Meditation: Letting Go of Financial Regrets
April 18 Substitution 4:00 PM ET Description Coach Nate Macanian
♣ Cardio Dance: Groove with Gratitude (International Dance Day!)
April 23 → 3:30 PM ET ♠ Coach Brooke Campbell ← Register Here
♀ Workshop: Building an Emergency Fund Without Cutting Out Fun
April 28 1:30 PM ET Coach Holly Morphew Register Here
₩ Workshop: Simple Ergonomic Fixes for a Safer Workplace
April 29 ○ 4:00 PM ET ♠ Coach Amanda Richardson

© Questions or need help? Reach out to support@wellnesscoach.live

Feel free to jump into as many sessions as you'd like—see you there!