



Here's What's Happening in Wellness Coach This May!

Hi Team,

May is **Mental Health Awareness Month**, and Wellness Coach is making it easier than ever to focus on your well-being with inspiring events, conversations, workouts, and meditations, all designed to help you feel more grounded, strong, and supported.

This month's challenge even supports a global mental health cause.  So take a look at what's coming up, and join wherever it fits your schedule!


May Challenge: A Walk for Mental Health

 **May 12 – 18, 2025**

Join our community challenge and walk with purpose! For every person who joins, Wellness Coach will **donate to United for Global Mental Health**—and even more if your team hits the step goal.

✨ Make your steps count toward a cause that truly matters.

 [Join the Challenge](#)

 Learn more about the fundraiser charity: [United for Global Mental Health](#)