

# Join Us: May 2024's Community Events

## Monthly Theme: **Fostering Mental Wellness**

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

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Let's stride towards better mental health together! Join our [Community Fundraiser: Walk for Mental Health](#) throughout May. Register [here](#).

## Join Our Monthly Theme: Fostering Mental Wellness



**Workshop: Maintaining Mental Health amid Digital Distractions**  
12:30 pm ET - Coach Corene Summers  
[Register Here](#)



**Workshop: Conquering Financial Stress for Better Mental Health**  
12:30 pm ET - Coach Holly Morpew  
[Register Here](#)



**Workshop: Outdoor Therapy for Mental Health**  
3:30 pm ET - Laura Saltman  
[Register Here](#)



**Workshop: Coping with Vicarious Stress through DEI**  
12:30 pm ET - Coach Joél Arvizo-Zavala  
[Register Here](#)

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## Celebrating **AAPI Month**



**Yoga for Diversity Celebration**  
11:00 am ET - Coach Wenlin Tan  
[Register Here](#)



**Understanding the Impact of Model Minority Myth on AAPI Communities**  
3:30 pm ET - Coach Aleasa Word  
[Register Here](#)

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## Featured Meditation & Workshops



**Mother's Day: A Meditation of Love and Thanks**  
11:00 am ET - Coach Wenlin Tan  
[Register Here](#)



**Workshop: Parenting with Purpose in the Digital Era**  
3:30 pm ET - Coach Gerald Gonzales  
[Register Here](#)



**Workshop: Exploring Sleep's Impact on Mental Clarity**  
3:30 pm ET - Coach Andy Lee  
[Register Here](#)



**Let's Talk: The Sleep-Mind Connection**  
3:30 pm ET - Coach Elizabeth Markie  
[Register Here](#)

