

✨ **Wellness Coach April Monthly Overview: Your Financial Fresh Start**

April is all about building confidence with money through small, practical steps that reduce stress and support long-term wellbeing. With the theme “**Build Money Confidence,**” this month helps you feel more in control, one simple habit at a time.

☀️ **Community Challenge: Your Financial Fresh Start**

Join the challenge for quick daily actions and mindset shifts, set priorities, track progress, and strengthen your relationship with money.

🧘 **Workshops, Talks & Meditation**

Explore this month’s sessions designed to support financial well-being, stress awareness, and inclusive wellness:

- **Meditation: Breathwork for Stress Awareness**
- **Let’s Talk: Financial Resilience for Life’s Uncertainties**
- **Let’s Talk: Well-being for All**
- **Workshop: Smart Saving for Future Goals**

🌍 **Also Recognizing This Month**

Stress Awareness Month • Neurodiversity Awareness Month

👉 [Download this flyer to get access to all of April’s events.](#)