

April's Community Challenge: Your Financial Fresh Start

Starts on:



Apr 06– Apr 15, 2026



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ When you join the challenge, you'll be prompted to follow some quick steps to sync your Activity Tracker with Wellness Coach and automatically track your steps in this challenge.

Take small, practical steps to ease financial stress, build awareness around your spending, and create habits that lead to long-term stability. Each day offers a simple action or mindset shift, from setting priorities and tracking progress to strengthening your relationship with money.



PRIZES

Anyone who completes all sessions will be entered into a drawing, where 10 lucky winners will each receive a \$25 USD gift card! 🎁



JOIN
NOW!



Join Us: April 2026's Community Events

Monthly Theme: **Build Money Confidence**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.



Featured Workshops, Yoga & Meditations



Meditation: Breathwork for Stress Awareness

12:30 pm ET - Coach Laura Saltman

[Register Here](#)



Let's Talk: Financial Resilience for Life's Uncertainties

3:30 pm ET - Coach Adam Kol

[Register Here](#)



Let's Talk: Well-being for All

12:30 pm ET - Coach Lily Lomeli /
Laura Saltman

[Register Here](#)



Workshop: Smart Saving for Future Goals

3:30 pm ET - Coach Sloan Willkins

[Register Here](#)



Let's Talk: Neuro-Inclusive Workplaces

3:30 pm ET - Coach Joél Arvizo-Zavala

[Register Here](#)



Ergonomics at Home and Office

12:30 pm ET - Coach Sarah H

[Register Here](#)



Workshop: How to Talk About Stress at Work

11:00 am ET - Coach Wellington Oliveira

[Register Here](#)



Meditation: Celebrating our Planet

8:00 am ET - Coach Corene Summers

[Register Here](#)



Let's Talk: Stress Tools for the Neurodiverse Brain

3:30 pm ET - Coach Elizabeth Markie /
Laura Saltman

[Register Here](#)



Let's Talk: Everyday Money Lessons

12:30 pm ET - Coach Adam Kol

[Register Here](#)



Meditation: Let Go of Financial Anxiety

11:00 am ET - Coach Holly Morphew

[Register Here](#)

