

[Bookmark this link!](#)



April Monthly Community Activities from Wellness Coach

Build financial confidence with simple steps to manage money and reduce stress.

Monthly Theme: **Build Money Confidence**

Community Challenge:



April's Community Challenge:

Your Financial Fresh Start

Each day offers a simple action or mindset shift, from setting priorities and tracking progress to strengthening your relationship with money.

 **April 6 – April 15, 2026**

Some of our workshops and 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 Wilkins
[Register Here](#)

We are also recognizing:

- Stress Awareness Month
- Neurodiversity Awareness Month

[Access Flyers here](#)