

Community Fundraiser: A Walk for Breast Cancer



Oct 1 – Oct 31, 2025



HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Wellness Coach is hosting a Community Fundraiser to help raise funds and awareness for Breastcancer.org ❤️

To participate, join the challenge along with your colleagues on Wellness Coach and get as many steps as you can!

How to Participate and Fundraiser:

It's simple: the more steps your team averages daily, the more money you raise. Plus, larger teams mean bigger donations!

Wellness Coach will donate on behalf of all teams participating in this challenge, and your company can also contribute to this great cause!



Besides the donation Wellness Coach will be making to Breastcancer.org, participants will also have the opportunity to win prizes!

🏆 At the end of the challenge, the 1st and 2nd place winners in each company (those with the most steps) will be entered into a special drawing.

📺 From this group, **12 lucky winners** will each receive a **\$25 gift card!**



SCAN ME



**CLICK
HERE TO
JOIN
TODAY!**

Join Us: October 2025's Community Events

Monthly Theme: **Fueling Health and Performance**

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



Featured Workshops & Meditations



Workshop: Managing Finances in Stressful Times

3:30 pm ET

Learn strategies to ease financial stress, manage money wisely, build confidence

[Register Here](#)



Stretch: Energize Your Body, Refresh Your Mind

11:00 am ET

Reawaken your body and mind with an energizing stretch

[Register Here](#)



Workshop: Mental Health Starts with Letting It Out

3:30 pm ET

Explore how expressing yourself through words, movement, or reflection can ease stress

[Register Here](#)



Let's Talk: Managing Work, Life, and Hormonal Shifts

12:30 pm ET

Explore ways to balance life's demands while honoring the energy and mood shifts of hormonal changes

[Register Here](#)

Hispanic Heritage Month & World Food Day



Let's Talk: Supporting Latinx Mental Health

3:30 pm ET

A conversation highlighting mental health experiences & strengths of Latinx community

[Register Here](#)



Workshop: Snacking for Busy Days

12:30 pm ET

Discover simple, healthy snacking strategies to nourish your body and boost your energy

[Register Here](#)

World Health Literacy Month & Mental Health Day



Let's Talk: Asking the Right Questions at the Doctor's Office

3:30 pm ET

Build confidence in navigating healthcare by learning to ask clear, effective questions

[Register Here](#)



Meditation: Letting Go of Mental Clutter

8:00 am ET

Pause, reflect, and reconnect in honor of World Mental Health Day

[Register Here](#)

Breast Cancer Awareness Month



Workshop: Lifestyle Habits That Support Breast Health

3:30 pm ET

Learn daily habits that support breast health, prevention, and overall wellness

[Register Here](#)



Workshop: The Breast Health Toolkit

3:30 pm ET

Gain tools and strategies to take charge of your long-term breast health

[Register Here](#)

