


## Here's What's Happening in Wellness Coach This June!

Hi Team,


This month's theme is “**Thrive Together to Lift Each Other**”—and Wellness Coach is bringing the energy with a beautiful new challenge and a full calendar of events to help us connect, reflect, and grow together.

Whether you're interested in mindfulness, inclusion, sustainability, or just want a moment to pause during the day—there's something for everyone this June 

[Download Wellness Coach Today!](#)

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### June Challenge: Lend a Hand, Lift a Heart

 **June 9 – 18, 2025**

This 7-day challenge invites you to slow down and reconnect with others through presence, kindness, and meaningful action.

✨ Everyone who completes all sessions will be entered into a raffle—**10 lucky winners will each receive a \$25 gift card!**

 [Join the Challenge](#)

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### Live Events – Take a Look at What's Coming Up:

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#### Setting Boundaries for a Healthier Parenting Life

**June 2 @ 12:30 PM ET** | Coach Tom Gebrouski

 [Register here](#)

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#### Ditch the Waste, Save the Planet

**June 5 @ 12:30 PM ET** | Coach Tessa Spisak

 [Register here](#)

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#### Building a Culture of Encouragement & Collaboration

**June 6 @ 2:30 PM ET | Coach Reeshemah Davis**

👉 [Register here](#)

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🙏 **Meditation: Gratitude for the People Around You**

**June 11 @ 4:00 PM ET | Coach Nate Macanian**

👉 [Register here](#)

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💬 **Building Trust and Connection in Everyday Life**

**June 12 @ 1:30 PM ET | Coach Lily Lomeli**

👉 [Register here](#)

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🌈 **Meditation: Expanding Awareness for a More Inclusive Mindset**

**June 13 @ 2:00 PM ET | Coach Huong Ngyuen**

👉 [Register here](#)

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🌐 **Building an Inclusive Workplace for LGBTQ+ Employees**

**June 17 @ 3:30 PM ET | Coach Joél Arvizo-Zavala**

👉 [Register here](#)

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❤️ **Juneteenth: Honoring the Past, Building the Future**

**June 19 @ 3:30 PM ET | Coach Joél Arvizo-Zavala**

👉 [Register here](#)

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💬 Have questions or need help joining? Email [support@wellnesscoach.live](mailto:support@wellnesscoach.live)

Let's grow together this month—with intention, inclusion, and a whole lot of heart 🧡

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Let me know if you'd like a Slack, email, or print-friendly version of this message!