

👁️ Here's What's Happening in Wellness Coach This May!

Hi Team,

May is Mental Health Awareness Month, and Wellness Coach is making it easier than ever to focus on well-being, with inspiring events, conversations, workouts, and meditations, all designed to help everyone feel more grounded, strong, and supported.

💚 This month's challenge even supports a global mental health cause, so it's a great time to get involved.

Learn everything you need to know by accessing this special guide: [Your Guide to Prioritizing Mental Health Inside Wellness Coach](#)

Here's what's inside the guide:

- 🧠 A new *Master Your Mental Wellness* program
- 👟 A step challenge to raise awareness for mental health
- 🎥 A quick 2-minute video to explore all the app has to offer
- 📅 A lineup of powerful live coaching sessions

🏃 May Challenge: A Walk for Mental Health

📅 **May 12 – 18, 2025**

Join our community challenge and walk with purpose! For every person who joins, Wellness Coach will **donate to United for Global Mental Health**, and even more if your team hits the step goal.

✨ Make your steps count toward a cause that truly matters.

👉 [Join the Challenge](#)

🌍 Learn more about the fundraiser charity: [United for Global Mental Health](#)