

Here's What's Happening in Wellness Coach This October!

October is **Breast Cancer Awareness Month**, and Wellness Coach is proud to lead a month-long initiative centered on awareness, movement, and support. The spotlight this month is on the **Community Fundraiser: A Walk for Breast Cancer**, encouraging participants to take action with every step while honoring those affected.

This meaningful campaign is part of Wellness Coach's broader October theme: **"Fueling Health and Performance."** By combining movement, mindfulness, and education, this month's activities aim to build physical resilience and raise awareness for a cause that touches millions.

Take a look at what's happening 📌

🧡 **October Challenge: Community Fundraiser: A Walk for Breast Cancer**

📅 October 1 – 31, 2025

Participants can join this special step challenge in support of [Breastcancer.org](https://www.breastcancer.org), raising funds and awareness throughout the month. Whether walking solo or with a team, every step contributes to a healthier future for all.

👉 [Join the Challenge](#)

📅 **Live Events: Supporting Health, Resilience & Awareness**

👛 **Workshop: Managing Finances in Stressful Times**

📅 October 1 @ 3:30 PM ET | Coach TBD

👉 [Register here](#)

🧠 **Let's Talk: Supporting Latinx Mental Health**

📅 October 21 @ 3:30 PM ET | Coach TBD

👉 [Register here](#)

🎀 **Workshop: The Breast Health Toolkit**

📅 October 28 @ 12:30 PM ET | Coach TBD

👉 [Register here](#)

🎉 **Also happening this month on Wellness Coach:**

Additional resources and live events will honor, **Mental Health Day**, and **Hispanic Heritage Month**, offering education, reflection, and community connection.

💬 For questions or tech support: support@wellnesscoach.live

Let October be a month of purpose, movement, and shared support with Wellness Coach.