



October's Community Fundraiser: **A Walk for Breast Cancer**

Starts on:



Oct 01– Oct 31, 2026



HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 When you join the challenge, you'll be prompted to follow some quick steps to sync your Activity Tracker with Wellness Coach and automatically track your steps in this challenge.

Walk with purpose during Breast Cancer Awareness Month. Track your steps in solidarity, honor those impacted, and take time for reflection, gratitude, and moments of care.

Want to add a personal donation as well? Feel free to donate here.

[**CLICK TO DONATE**](#)



PRIZES



The Top 2 steppers from each company will be entered into a drawing! 🎯 12 lucky winners will each receive a \$25 gift card 🎁

In benefit of:



BREASTCANCER • ORG



**JOIN
NOW!**



Need help? Email us at [**support@wellnesscoach.live**](mailto:support@wellnesscoach.live)

Join Us: October 2026's Community Events

Monthly Theme: **Thrive Together**

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



Featured Workshops, Yoga & Meditations



Restorative Yoga: Healing Energy
11:00 am ET – Coach Wenlin Tan
[Register Here](#)



Let's Talk: Thriving Beyond Diagnosis
3:30 pm ET – Coach Samantha Harris
[Register Here](#)



The Power of Play: Finding Joy in Everyday Life
3:30 pm ET – Coach Laura Saltman
[Register Here](#)



Let's Talk: You Are Not Alone
12:30 pm ET – Coach Robin Buckley
[Register Here](#)



Let's Talk: Couples & Money Conversations
3:30 pm ET – Coach Adam Kol
[Register Here](#)



The Color Pink: Energy, Empowerment, and Expression
12:30 pm ET – Coach Tessa Spisak
[Register Here](#)



Let's Talk: The Power of Food
12:30 pm ET – Coach Tessa Spisak
[Register Here](#)



Chair Yoga: Focus and Calm
12:30 pm ET – Coach Wenlin Tan
[Register Here](#)



Workshop: The Gut-Heart-Brain Connection
3:30 pm ET – Coach Melissa Henkin
[Register Here](#)



Let's Talk: Health, Insurance & Wellness Planning
12:30 pm ET – Coach Adam Kol
[Register Here](#)

