

found

August: Caregiving & Community Support

Subject: You are part of a community

Hi [Name],

August is about Caregiving & Community Support. While your health journey is unique to you, you don't have to navigate it alone. Supporting others and being supported in return can make all the difference.

Found offers a vibrant in-app member community where you can connect with others who truly understand your experience. Whether you are a caregiver looking for support or someone looking to share a "Non-Scale Victory," there is a space for you here.

Connect today:

- **Join a Circle:** Find community groups focused on shared interests or challenges.
- **Give & Receive Support:** Share your progress and cheer on your fellow members.

[\[Button: Visit the Community\]](#)

Best,

[HR/Benefits Team]