

# found

## September: Navigating Life Transitions

**Subject:** Navigating life's transitions together

Hi [Name],

September often brings a season of change—new schedules, shifting routines, and the transition into autumn. As we focus on Navigating Life Transitions, it is important to have a plan that can flex with your life.

Your Found Health Coach is your dedicated partner in navigating these shifts. They help you build sustainable habits that survive even the busiest transition periods, ensuring your health remains a priority no matter what the new season brings.

### This month's focus:

- **Routine Building:** Work with your coach to adapt your habits to your new autumn schedule.
- **Micro-Habits:** Focus on small, manageable shifts that make transitions feel seamless.

[\[Button: Connect with Your Coach\]](#)

Best,

[HR/Benefits Team]