**Stress Less Email Template: Email Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your email. Send this email to your community at least a week prior to April 1st (Stress Awareness Month). We recommend attaching the “Stress Less” challenge printout and “How to Enroll in a Wellbeats Challenge” guide to the email, as well as including your contact information (that appears in red below).

A person standing at a table

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Looking for ways to better manage stress and promote a healthy, positive mindset?

Wellbeats is your free, on-demand fitness and wellbeing benefit with classes to help you feel happier, healthier, and stronger.

To help you get started, we recommend checking out Wellbeats’ 2-week “Stress Less” challenge. This challenge includes a day-by-day schedule of yoga or cardio, mindfulness, nutrition, and stretching classes to manage stress. No equipment needed (yoga mat/block optional).

Sign up for the challenge today by downloading the Wellbeats app or visiting the website portal at [portal.wellbeats.com](https://portal.wellbeats.com/). Once logged in, select “Challenges” in the main menu, then “Stress Less” challenge to get started!

Already logged in? Simply [select this link](https://portal.wellbeats.com/#/challenges/overview/244) to enroll in the Stress Less challenge.

For any questions, please contact [enter your contact information here].

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