**Stress Less: Intranet Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Stress Less” challenge printout and “How to Enroll in a Wellbeats Challenge” guide if possible, as well as including your contact information (that appears in red below).

A person standing at a table

Description automatically generated with low confidence

Looking for ways to better manage stress and promote a healthy, positive mindset? The 2-week “Stress Less” challenge on Wellbeats includes a schedule of yoga or cardio, mindfulness, nutrition, and stretching classes to help you feel happier, healthier, and stronger.

[Sign up for the challenge today using this link](https://portal.wellbeats.com/#/challenges/overview/244). For any questions, please contact [enter your contact information here].

A picture containing drawing

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