**A Stronger You: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

Graphical user interface, application

Description automatically generated

Need help creating a health and wellness routine?

In just 10 minutes a day (or less!), you can build a healthier, stronger you. Join the Wellbeats 14-day “A Stronger You” program for a schedule of short fitness, nutrition, and mindfulness classes to start fresh and stay motivated.

Join the program: <https://portal.wellbeats.com/programs(m:program-detail/210)#overview>

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