**Healthy Together: Social Media Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your social media post, as well as including your contact information (that appears in red below).

Graphical user interface

Description automatically generated with low confidence

July is Social Wellness Month! Now is the perfect time to focus on nurturing ourselves and our relationships.

Wellbeats is your on-demand fitness and wellbeing benefit with 800+ workouts, nutrition and mindfulness classes available anytime, anywhere.

To get started, we recommend enrolling in Wellbeats’ 2-week “Healthy Together” challenge. This challenge includes a schedule of fun dance, HIIT (high intensity interval training), and yoga classes to take with a friend.

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 “Healthy Together” challenge to get started!

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

@Wellbeats #SocialWellnessMonth #WellbeatsForAll

A picture containing drawing

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