**Healthy Together: Intranet Sample Copy**

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

Graphical user interface

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

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 using this link](https://portal.wellbeats.com/#/challenges/overview/325). For any questions, please contact [enter your contact information here].

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