**Healthy Together Email Template: Email Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your email. Send this email to your members at least a week prior to July 1st (Social Wellness Month). We recommend attaching the “Healthy Together” challenge calendar 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 picture containing text, person

Description automatically generated

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

Whether it’s taking up a new hobby, re-connecting with an old friend, or taking a Wellbeats class together online, there are many ways to stay healthy together.

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!

Already logged in? Simply [select this link](https://portal.wellbeats.com/#/challenges/overview/325) to enroll in the Healthy Together challenge.

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

A picture containing drawing

Description automatically generated