**Self-Care: Intranet Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Take Care of You” program calendar if possible, as well as including your contact information (that appears in red below).

Graphical user interface

Description automatically generated

Do you sometimes feel like you’re running on empty by the end of the day? Do you tend to put your own needs last?

September is Self-Care Awareness Month: a reminder to refocus on you and your wellbeing.

Fill up your cup with on-demand fitness and wellbeing classes to restore energy, elevate your mood, and focus on your own health and happiness.

Download the Wellbeats app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

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