



Take care of your mind and body with Wellbeats

Feeling drained or running on empty by the end of the day? Do you tend to put your own needs last?

Refocus on you and your wellbeing with the 4-week “Take Care of You” program.

This program includes on-demand fitness and wellbeing classes to restore energy, elevate your mood, and focus on your own health and happiness.

No need to feel guilty for taking time to better yourself. You’re worth it.

Reset. Recharge. Refocus on YOU



What are you in the mood for today? With the “Take Care of You” program, you choose what type of class sounds best:



**Join the Wellbeats
“Take Care of You”
program today**

portal.wellbeats.com

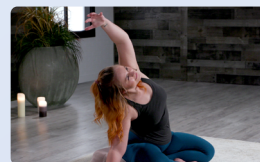
support@wellbeats.com

Option 1:

Play a relaxing yoga or meditation class such as:



Gratitude Meditation
30 mins | ★4.6



Therapeutic Yoga
30 mins | ★4.7



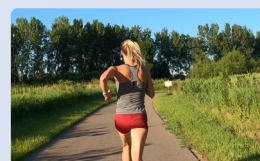
Gentle Yoga
28 mins | ★4.7

Option 2:

Play an energy-boosting workout such as:



Power Circuits
22 mins | ★4.6



Sunrise Run
20 mins | ★4.8



Bring It Tabata
25 mins | ★4.7