**Wellbeing at Work Email Template: Email Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your email. Send this email to your community at least a week prior to June 1st (Employee Wellbeing Month). We recommend attaching the “Give Me an Office Break” 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).

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Need a quick energy booster or stretch during the workday? Blending in some breathing and meditation breaks can help, too.

Wellbeats is your free, on-demand fitness and wellbeing benefit with classes to help you feel happier, healthier, and more productive.

To get started, we recommend checking out Wellbeats’ 4-week “Give Me an Office Break” challenge. This challenge includes a day-by-day schedule of short exercises, stretches, and mindfulness classes to help you recharge and refocus.

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 “Give Me an Office Break” challenge to get started!

Already logged in? Simply [select this link](https://portal.wellbeats.com/#/challenges/overview/59) to enroll in the Give Me an Office Break challenge.

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

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