**Wellbeing at Work: Intranet Sample Copy**

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

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Need a quick energy booster or stretch break during the workday? Blending in some breathing and meditation breaks helps, too. 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 using this link](https://portal.wellbeats.com/#/challenges/overview/59). For any questions, please contact [enter your contact information here].

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