**Create Your Calm: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “Create Your Calm Program Calendar” and “Create Your Calm Flyer” to the email.

A picture containing text, person, businesscard

Description automatically generated

It’s the most wonderful – and busiest – time of the year! Amidst the hustle and bustle, it’s important to make time for yourself during the holiday season.

To find more inner peace, we invite you to join the 14-day “Create Your Calm” program on Wellbeats! This program will guide you through daily breathing exercises, meditations, and mindfulness practices to take care of your mental health. By the end of the program, you will become more aware of how to create moments of calm during stressful times.

**How to Get Started**

Join the Create Your Calm Program on the Wellbeats app or go to portal.wellbeats.com on your computer.

[Enter general login information here]

If you’re logging in for the first time or forgot your password, select “Forgot Password” to reset your password.

**About Wellbeats**

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

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

In health,

[Enter your name here]