**Welcome to Wellbeats: Social Media Template**

**Directions:** Upload the image and copy the verbiage below and paste into a post on your social media platforms. Please remove the text in red and add any custom login information details (optional).



Did you know? You have access to a virtual wellness offering to help you live a healthier life: **Wellbeats *Wellness*, a product of LifeSpeak Inc.** 🎉

This includes 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests. Whether you’re an expert at yoga or new to running, looking for ways to eat healthy or only have 5 minutes to unwind, Wellbeats is for everyone.

Go to the Wellbeats website portal at [portal.wellbeats.com](https://portal.wellbeats.com/#/home/) or download the Wellbeats app to get started.

[Enter any custom login information details here]

Drop a comment below and let us know your favorite way to stay well.

💪 = fitness

🍎 = nutrition

🧘‍♂️ = mindfulness

#WellnessForAll