

# Stress Less

## Find Guided Support to Help You Manage Stress

Ease the feeling of overwhelm with this 14-day program designed to help you cope with stress. Our expert-led team of friendly instructors will guide you through effective techniques, exercises, and nutritional guidance to reduce stress levels and improve your everyday living.

No equipment needed (yoga mat/block optional).



**Gentle Yoga**  
28 mins | ★ 4.7



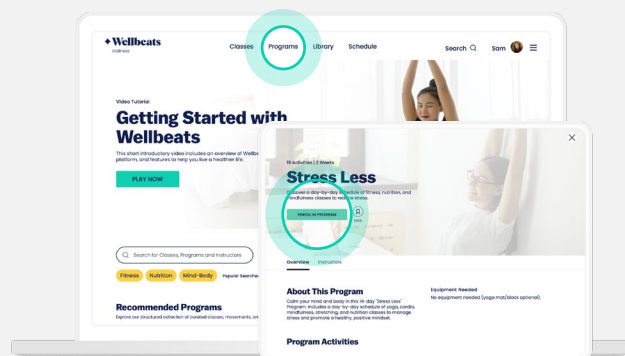
**Cooking to Reduce Stress**  
7 mins | ★ 4.6



**Stretch & Align**  
7 mins | ★ 4.7



**Strength & Cardio Circuit**  
25 mins | ★ 4.7



## Join the Stress Less Program

Actual design and navigation may vary depending on your device.



Download the app on the App Store, Google Play, or Apple TV

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)