**Stress Management: Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Remove the text in red and add your contact information.

A person sitting on a yoga mat

Description automatically generated

**Caption:**

Feeling weighed down by stress? Wellbeats *Wellness* is here to support you 💪

Access thousands of top-notch fitness, nutrition, and mindfulness classes—all at no cost! Simply log in to your Wellbeats account on your device and explore a wide range of guided classes to help manage stress and overwhelm. From calming yoga sessions to energizing workouts to healthy recipes, we’ve got something that suits your needs.

Got questions? Reach out to us at [enter your contact information here].

@WellbeatsWellness #StressLess #WellbeatsWellness