**Stress Management: 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 “Stress Less Program Calendar” to the email.

A person sitting on a yoga mat

Description automatically generated

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.

If you prefer to follow a step-by-step plan, consider joining the two-week Stress Less Program. This program is designed to ease the feelings of overwhelm by providing techniques, exercises, and nutritional guidance to reduce stress levels and improve your daily life.

[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 1,400+ 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]