**Mindfulness: 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 person sitting on the floor

Description automatically generated

**Subject: Escape** **the Holiday Stress with Wellbeats' Intro to Mindfulness Program!**

**The holidays: a time for joy, celebration, and... stress.** Amidst the festive cheer, it's easy to get caught up in the whirlwind of activities. But among the chaos, it's crucial to find moments of peace and tranquility.

As part of your benefits, you have access to the Wellbeats *Wellness*, **"**[**Intro to Mindfulness**](https://portal.wellbeats.com/programs(m:program-detail/2509)#overview)**" program** which offers a much-needed escape. These beginner-friendly classes will guide you through simple mindfulness techniques that can be easily integrated into your daily life. Whether you're new to mindfulness or seeking a refresher, these sessions will help you cultivate a sense of calm and wellbeing.

**Take a break from the holiday hustle and bustle.** Give yourself the gift of mindfulness. Enroll today and discover the transformative power of inner peace.

**Ready to end the year with peace and tranquility?**

Access Wellbeats via the mobile app or on your [internet browser](https://portal.wellbeats.com/?redirectTo=%2Fhome) and login with your work email address.

[Enter general login information. Here is an example:

**Your Username** = Your [Company Name] email address. If you’re logging in for the first time or forgot your password, select **Forgot Password** to reset your password.]

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

Cheers,

[Enter your name here]