**Mindfulness: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

A close-up of a person's face

Description automatically generated

The holiday season can be a time of joy and celebration, but it can also be a source of stress. Amidst the hustle and bustle, it's essential to take time for yourself and find moments of peace and tranquility.

We encourage you to try the two-week **"**[**Intro to Mindfulness**](https://portal.wellbeats.com/programs(m:program-detail/2509)#overview)**" program** on Wellbeats *Wellness*, which offers classes that will guide you through simple mindfulness techniques that can be easily integrated into your daily life.

**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.

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