**Mindfulness: 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 the floor

Description automatically generated

**Caption:**

The holidays can be a whirlwind of excitement and stress. To help you navigate this busy time with ease, Wellbeats *Wellness* created a 14-day Mindfulness Program designed specifically for your wellbeing.

If you’re looking for mindfulness techniques, you can 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.

Ready to join? In your Wellbeats *Wellness* account, go to Programs to join the [**Intro to Mindfulness**](https://portal.wellbeats.com/programs(m:program-detail/2509)#overview) today. Start today and discover the transformative power of inner peace.

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

#Mindfulness #Holidaystress #selfcare #wellbeing #WellbeatsWellness