

Unwind and Recharge: Mindfulness for the Holidays



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 on Wellbeats Wellness, a 14-day "Intro to Mindfulness" program offers a much-needed escape.

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.

PROGRAM HIGHLIGHTS

Here's a sneak peek into some of the classes in this program:



Mindful & Intuitive Eating
11 mins | ★ 4.7



Gratitude & Appreciation
10 mins | ★ 4.7



Time for a Reset
3 mins | ★ 4.7

Ready to end the year with peace and tranquility?

In your Wellbeats *Wellness* account, go to Programs to join the **Intro to Mindfulness** program today.



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