**Nutrition 101: 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.

Logo

Description automatically generated with low confidence

Are you looking for healthy, sustainable ways to fuel your body?

With your Wellbeats virtual wellness offering, you can explore high quality, expert-led nutrition classes **for free!**

It’s simple: log in to your Wellbeats account on your personal device, and choose from a variety of topics for a healthy body and mind, such as:

* Mood-boosting food recommendations
* Recipes to support immune health
* Healthy snack options
* Cooking demonstrations
* Delicious recipes inspired by locations around the globe
* *And so much more!*

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