**Nutrition 101: 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 at a table with bowls of food

Description automatically generated with low confidence

**Caption:**

Do you struggle with maintaining energy and focus throughout the day? 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!**

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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].

@Wellbeats #Nutrition101 #Wellbeats