**Stress and Resilience: 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 person wearing a red and white apron

Description automatically generated with low confidence

Celebrate the holidays without losing track of your health and wellbeing goals.

Join the Wellbeats *Wellness* 14-day Healthy Holiday Program designed to cope with holiday stress and help you feel your best during the holidays. Includes a day-by-day schedule of classes such as health holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts.

Download the Wellbeats *Wellness* app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

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