**Stress and Resilience: 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 picture containing clothing, human face, person, child

Description automatically generated

**Caption:**

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 to get started.

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

#HealthyfortheHolidays