**Stress and Resilience: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “Healthy Holiday Program Calendar” and “Wellbeats Recipe eBook | Holiday Edition” to the email.

A picture containing person, clothing, human face, child

Description automatically generated

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.

**How to Get Started**

You can join the Healthy Holiday Program on the Wellbeats *Wellness* app or go to portal.wellbeats.com on your computer.

Username: Your [Company Name] Email Address

If you’re logging in for the first time or forgot your password, select “Forgot My Password” to be emailed a new, temporary password.

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

In health,

[Enter your name here]