**Connection and Community: 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 collage of people doing exercises

Description automatically generated with medium confidence

**Caption:**

Do you prefer to workout with others or looking for some extra accountability to live a healthier life? With Wellbeats *Wellness*, a product of LifeSpeak Inc., you can stay connected and supported on your health and wellness journey – no matter where you are.

In your Wellbeats *Wellness* account, schedule a fitness, nutrition, or mindfulness class and invite other Wellbeats *Wellness* members to join you\*. Play a class together, celebrate progress, and chat in real-time for some extra motivation and fun! 🎉

Get started by scheduling your next Wellbeats *Wellness* class today.

\*Some exclusions apply.

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

#WellnessForAll