**Connection and Community: 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 “Stay Healthy Together Flyer” and “How to Schedule a Wellbeats Class and Invite Others Guide” to the email.

A picture containing physical fitness, knee, person, sport

Description automatically generated

Do you prefer to workout with others or looking for some extra accountability to live a healthier life? With your Wellbeats *Wellness* virtual wellness offering, 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.

[Enter general login information here.]

Example:

**Username:** Your Email Address

**Password:** If you’re logging in for the first time or forgot your password, select “Forgot Password” to reset your password.

**About Wellbeats *Wellness*, a product of LifeSpeak Inc.**

Wellbeats *Wellness* is your virtual wellness offering to help you live a healthier life. This includes 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

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

In health,

[Enter your name here]