



Wellness

## Moments 4 You

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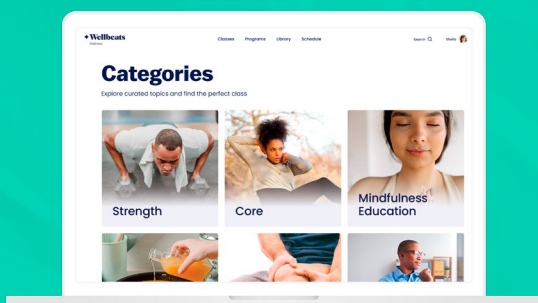


Change your mood  with moments of wellness

In our always-on, always online world, it can be hard to carve out time for self-care. But taking time to care for your mental health can lead to improved mood, clearer thinking, and reduced anxiety<sup>1</sup>.

<sup>1</sup>Source: Habits to Improve Mental Health: 8 You Can Try Today (healthline.com)

Need help creating more moments for your mental health? With Wellbeats *Wellness*' library of on-demand fitness, nutrition, and mindfulness classes, our experts can support you in leading a healthy, balanced life. Whether it's going for a guided walk, trying a new recipe, or just taking a minute to focus on your breath, we all could use a little boost in our day.



**Nurture your mental health with a moment of self-care today.**



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