**May Marketing Kit: 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 different exercises

Description automatically generated

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

🧘‍♂️ Reduced anxiety

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.

**👉 Ready to create more moments for your mental wellbeing**? Explore on-demand, expert-led fitness, nutrition, and mindfulness classes on Wellbeats *Wellness* today.

[Add login instructions. Example: Go to portal.wellbeats.com or download the Wellbeats app to log in to your account.]

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

#WellbeatsWellness #Moments4You