**May Marketing Kit: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your information.

A collage of people doing yoga

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, and reduced anxiety1.

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].

**About Wellbeats *Wellness***

Wellbeats *Wellness* is your exclusive, complimentary wellness benefit with on-demand fitness, nutrition, and mindfulness classes for all ages, abilities, and interests. Whether you’re an expert at yoga or new to running, looking for ways to eat healthy or only have five minutes to unwind, Wellbeats *Wellness* can support you in living a healthier life.

**1**[Healthline](https://www.healthline.com/health/mental-health/habits-to-improve-mental-health)