**Wellbeing at Work: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

Graphical user interface, application

Description automatically generated

Boost your focus and energy at work with Wellbeats *Wellness*!

With your Wellbeats virtual wellness offering, you have access to thousands of high quality, expert-led fitness, nutrition, and mindfulness classes **for free!**

It’s simple: log in to your Wellbeats account on your personal device, and choose from a variety of classes to support your wellbeing at work, such as:

* Energy-boosting workouts with minimal equipment needed
* Quick stretch breaks to recharge between meetings
* Healthy, easy-to-prep lunch recipes and snacks
* Seated yoga classes you can play right at your desk
* *And so much more!*

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