**Wellbeing at Work: 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 person wearing glasses

Description automatically generated with medium confidence

**Caption:**

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!*

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

#WellbeingatWork #WellbeatsWellness