



Give Me a Work Break Program

Feeling a little stressed or anxious at work? Join us for this 4-week program featuring a weekday work break or mindfulness class to help you recharge, refocus, and energize your mind and body.

RECOMMENDED EQUIPMENT

All you need is a chair

SIGN UP FOR THE PROGRAM TODAY!

Select Programs in the main menu, then select Give Me a Work Break to get started.



Download the app on the App Store, Google Play, or Apple TV

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