**Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Stride with Pride” program calendar if possible.

A picture containing application

Description automatically generated

Celebrate Pride Month this June with Wellbeats *Wellness*!

Wellbeats is your virtual wellness offering with thousands of high quality, expert-led fitness, nutrition, and mindfulness classes to help you feel your best.

If you’re ready to champion your own unique style, we invite you to join Wellbeats’ two-week “Stride with Pride” dance program. This program includes a schedule of fun dance classes coached by Instructor Jeremiah to boost your mood and energy, regardless of your skill or ability level. Wellbeats has moves for everyone from beginners to experts!

*In your Wellbeats account, select “Programs” and choose the Stride with Pride program to enroll.*