**Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Edit the verbiage in red with your contact information.

A picture containing text

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!

“Dance to feel good and get [any] negative energy out. This is your party, your freedom, and your time to have fun! Let out that party!” – Instructor Jeremiah

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

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

#StridewithPride