**Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. We recommend attaching the “Stride with Pride” program calendar to the email. Please remove the text in red below and add any general login and contact information.



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.*

[Enter any general Wellbeats login information here]

If you’re logging in for the first time or forgot your password, select “Forgot Password” to reset your password.

About Wellbeats *Wellness*, a product of LifeSpeak Inc.

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

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

In health,

[Enter your name here]