**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, person

Description automatically generated

Could your nutrition use a boost? Are you looking for support to increase energy, improve chronic conditions and symptoms, or build skills and confidence in the kitchen?

Improve your health and wellbeing and build healthy habits with complimentary educational nutrition programs by **Launch My Health**! 🥗

Led by an experienced, credentialed team of healthcare, culinary, and nutrition experts, Launch My Health’s evidence-supported classes provide step-by-step guidance on your journey to reach your health goals, such as:

🍳 Improving cooking skills

❌ Reducing inflammation

🧠 Optimizing brain health

💚 Restoring gut health

And so much more!

Each program is accessible through Wellbeats and includes recipes, meal plans, and support materials to guide you along your journey.

Get started by selecting “Programs” in your Wellbeats account and choose a Launch My Health program today.

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

@Wellbeats #LaunchMyHealth #Wellbeats