**Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Launch My Health Flyer” if possible.

Graphical user interface

Description automatically generated with medium confidence

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 classes are based on the belief that food is at the core of health and wellbeing. Evidence-supported classes provide step-by-step guidance on your journey to reach your health goals. Each program is directly accessible in your Wellbeats account 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.