**Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. We recommend attaching the “Launch My Health Flyer” and “Launch My Health Program Catalog” to the email. Please remove the text in red below and add any general login and 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 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.

Programs include:

* **Home Chef Pro** (8 Weeks): Build confidence in the kitchen. It’s perfect for beginners or anyone who wants to up their cooking game.
* **Kids in the Kitchen** (2 Weeks): Get kids excited about cooking while learning basic kitchen skills and safety.
* **Restore Gut Health** (4 Weeks): Heal the gut to optimize health and manage chronic conditions.
* **Putting Out the Flame** (5 Weeks): Reduce inflammation to improve chronic conditions.
* **Optimizing Women’s Hormones** (6 Weeks): Learn to manage hormonal changes that occur as the body ages.
* **Optimizing Brain Health** (4 Weeks): Optimize cognitive function and reduce the risk of developing a variety of neurological conditions like Alzheimer’s Disease.

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

[Enter any general Wellbeats login information here]

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

In health,

[Enter your name here]