**Email Template**

Copy the image and verbiage below and paste into your email. Remove the text in red and add your custom information. We recommend attaching the “Support for Your Wellbeing - Wellbeats” flyer to the email.

Image:

A person sitting on a mat in a park with her hands raised

Description automatically generated with low confidence

Copy:

Hi, [Name of School] teachers, faculty, and staff,

We are so appreciative of all your efforts in supporting and caring for our students at [Name of School].

Your mental health and wellbeing is very important to us. If you haven’t already, we encourage you to check out Wellbeats *Wellness* for complimentary, expert-led workouts, mindfulness classes, and healthy recipes to help you take care of yourself.

This includes:

* 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests
* Short stretch breaks and meditations
* Healthy recipes to boost energy
* Downloadable features to play classes outdoors
* *And much more*

To help you get started, here are a few class recommendations:

A person sitting on the ground

Description automatically generated with medium confidence

* Mindful Meditation with Jan:

<https://portal.wellbeats.com/search(m:class-detail/1887)#overview>

Graphical user interface

Description automatically generated with medium confidence

* Mindful Movement with Chance:

<https://portal.wellbeats.com/search(m:class-detail/2091)#overview>

A plate of food

Description automatically generated with medium confidence

* Cooking to Reduce Stress with Chef Marshall: <https://portal.wellbeats.com/search(m:class-detail/1522)#overview>

A person walking on a path

Description automatically generated with low confidence

* Sunrise Run with Carrie:

<https://portal.wellbeats.com/search(m:class-detail/1820)#overview>

A person with a cigarette in her mouth

Description automatically generated with medium confidence

* Calm Mind and Body with Nicole:

<https://portal.wellbeats.com/search(m:class-detail/2109)#overview>

Download the Wellbeats *Wellness* app or visit [portal.wellbeats.com](http://portal.wellbeats.com) on your computer to activate your account using the following login credentials:

**Username:** Your [Name of School] Email Address

**Password:** If you’re new to Wellbeats *Wellness* or forgot your password, select “Forgot password?” to create a new password.

Your self-care and wellbeing matters - and we are here to support you in any way we can. Should you have any questions, please reach out to [Contact Information].

Sincerely,

[Your Name]