



WEBINAR

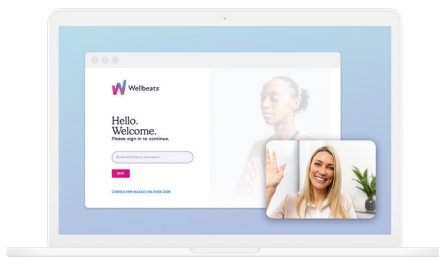
Welcome to Wellbeats

Learn How Your Complimentary Virtual Wellness Benefit Can Help You Live a Healthier Life

Scan code to register



**Date: Second Wednesday
of Every Month**
**Time: 12 p.m. CST (10 a.m.
PST / 1 p.m. EST)**
Duration: 30 minutes



With Wellbeats, you have access to 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

In this webinar, you will learn:

- How to access Wellbeats on your personal devices
- How to explore the Wellbeats platform to find classes that fit your lifestyle
- Tips to make the most of your Wellbeats experience
- And more!

Questions about your Wellbeats benefit?

Please contact the Wellbeats Support Team at

support@wellbeats.com