**Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. We recommend attaching the “Welcome to Wellbeats” flyer to the email. Please remove the text in red and add any custom login information details (optional) and contact information.

A collage of two people

Description automatically generated

Looking for support to help you live a healthier life?

Whether you’re an expert at yoga or new to running, looking for ways to eat healthy or need support for your mental health, Wellbeats *Wellness*, a product of LifeSpeak Inc. can help you stay mentally and physically strong.

What’s included:

* 1,200+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, Mental health programs covering topics such as mindfulness and resilience, self-care, relationships, parenting, stress and anxiety, and PTSD
* Clinical nutrition programs with healthy recipes, meal plans, and expert-led support covering topics such as improving cooking skills, restoring gut health, reducing inflammation, managing hormones, optimizing brain health, and prenatal nutrition support
* 24/7 access on your personal devices at home, in the office, or on-the-go
* *And much more!*

Plus, you can invite up to five others to join Wellbeats *Wellness* with you and stay healthy together—whether a family member, spouse, or neighbor!

Go to the Wellbeats *Wellness* website portal at [portal.wellbeats.com](https://portal.wellbeats.com/#/home/) or download the Wellbeats *Wellness* app to get started.

[Enter any custom login information details here]

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

In health,

[Enter your name here]