**Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Edit the verbiage in red with your 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, and interests

🧘‍♂️ 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, and optimizing brain health

🤳 24/7 access on your personal devices at home, in the office, or on-the-go

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.

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