**Preventive Health: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

A person running with a white beard

Description automatically generated

Taking small steps can make a big difference when it comes to improving health and wellness.

Whether it’s walking for five or ten minutes a day, eating more fruits and vegetables, or learning to meditate, Wellbeats *Wellness* can help guide and support you in your pursuit of better health.

Safely ease into a wellness routine and try a class today: [**portal.wellbeats.com**](https://portal.wellbeats.com/)

**About Wellbeats *Wellness*, a product of LifeSpeak Inc.**

Wellbeats *Wellness* is your virtual wellness offering with 1,200+ expert-led, on-demand fitness, nutrition, and mindfulness classes to help you live a healthier life.

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