**Preventive Health: Social Media Template**

**Directions:** Copy the image and verbiage below and paste into your social media post. Remove the text in red and add your contact information.

A collage of people

Description automatically generated

**Caption:**

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/)

(You may be prompted to log in to your account first.)

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

#WellnessForAll