**Mental Health Awareness: 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.



**Caption:**

**How often do you make time for yourself?**

It’s easy to overlook self-care when life gets busy, but even a few moments of focus on yourself can make a big difference. This May, in honor of Mental Health Month, **complete any Wellbeats *Wellness* class and start prioritizing yourself today.**

With Wellbeats as part of your benefits, you have access to thousands of on-demand classes designed to help you take a break, refresh your mind, and boost your energy. It’s your time to recharge!

Ready to join? Log into your Wellbeats account and play a class today!

*#WellbeatsWellness #MentalHealthMonth #Wellness #Recharge #Wellbeats*