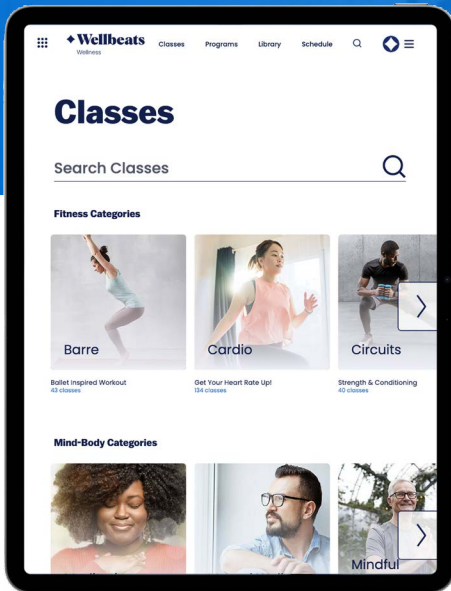




Wellness

# Healthy Together



Life's journey becomes more enriching with support and shared positive experiences. Achieving your wellbeing goals together can feel so much more fulfilling, and Wellbeats *Wellness* provides the perfect platform to do so!

As part of your benefits, you have access to Wellbeats *Wellness*, offering thousands of on-demand classes to prioritize your health alongside colleagues, friends, or family.

**Complete 40 minutes playing any Wellbeats Wellness class from July 30th – August 31st for a chance to win a prize!**

Do you know what would make this even more meaningful? Inviting others to join these classes with you! Because what better way to care for each other than keeping healthy together?

**LOOKING FOR SOME CLASSES TO DO WITH OTHERS? BELOW WE HAVE COMPILED A FEW JUST FOR YOU:**



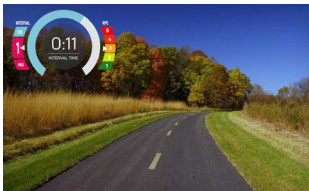
**Get Kids Interested in Nutrition**  
6 mins



**FUNDamentals**  
20 mins



**Guided Meditation**  
26 mins



**Hills & Intervals**  
26 mins



**Simply Barre**  
24 mins



**Lavender Lemonade**  
2 mins

## Ready to get started?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app  
on the App Store or  
Google Play

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)