**‘Mental Health’ Wellbeats-Hosted Quarterly Campaign: 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 group of people on exercise bikes

AI-generated content may be incorrect.

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

We believe that looking after ourselves is a wonderful thing, and it's even more rewarding when we do it together. As part of your benefits, you have access to Wellbeats *Wellness*, offering thousands of on-demand classes to support your health and happiness.

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

Why not invite a colleague or friend to join you? Let's motivate each other and enjoy the journey to a healthier, happier us!

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

*#Wellbeats #WellnessJourney #HealthyTogether*