**Mind-Body & Mindfulness: 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 close-up of a person's face

AI-generated content may be incorrect.

Struggling to stay focused and productive at work? You're not alone. The Wellbeats [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview) program is here to help you recharge for a more productive day.

As part of your benefits, you have access to Wellbeats Wellness, offering thousands of on-demand programs and classes to support mental wellbeing and a healthier life.

What to Expect:

* **Boost productivity:** Quick mindfulness techniques to enhance focus and efficiency.
* **Improve wellbeing:** Simple yoga postures using your office chair to reduce stress.
* **Recharge and refresh:** Mindful breaks to rejuvenate your mind and body.

Join the Wellbeats [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview) program today!

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