**Mind-Body & Mindfulness: 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 person sitting on a bench

AI-generated content may be incorrect.

**Caption:**

Feeling overwhelmed at work? The Wellbeats [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview) program is here to help you recharge and boost your productivity!

What to Expect:

* Increased productivity
* Improved wellbeing
* Feeling recharged and refreshed

Ready to take a break? Log into your Wellbeats account and join the [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview) program today and transform your workday!

*#Mindfulness #Productivity #Wellbeing #Wellbeats #MindBody*