



# Mindful Moments:

## Enhancing Focus at Work.

Ever feel like your workday is slipping away without getting any work done? Take control with the Wellbeats **Mindfulness At Work program!** In just two weeks, you'll learn simple mindfulness techniques and yoga postures you can do right at your desk to recharge and boost your productivity.

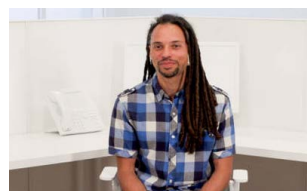
### GET INTO CLASSES LIKE:



**Pick Me Up**  
3 mins

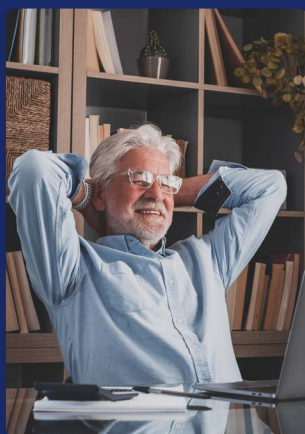


**Gratitude Meditation**  
5 mins



**Brain Recharge**  
3 mins

As a benefit, you get access to Wellbeats Wellness, which offers thousands of on-demand programs and classes to support mental wellbeing and living a healthier life.



## Ready to boost your productivity at work?

Log into your Wellbeats *Wellness* account and join the **Mindfulness At Work** program 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)