**Mind-Body & Mindfulness: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “**Mind-Body & Mindfulness Flyer**” to the email.

A person sitting on a bench

AI-generated content may be incorrect.

**Subject: Find your focus with the Mindfulness for Work program**

Are you finding it challenging to maintain focus and productivity at work? You're not alone. In today's fast-paced work environment, it's easy to feel overwhelmed and distracted. Wellbeats [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview) program is designed to help you recharge for a more productive day.

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

Here’s what to expect with Wellbeats [**Mindfulness At Work**](https://portal.wellbeats.com/home(m:program-detail/2547)#overview)program:

* **Boost productivity:** Learn simple mindfulness techniques that can be done in just a few minutes at your desk to enhance focus and efficiency.
* **Improve wellbeing:** Practice simple yoga postures using your office chair to reduce stress and improve physical health.
* **Recharge and refresh:** Take mindful breaks to rejuvenate your mind and body, leading to a more productive and energized workday.

**Ready to take a quick break?**

Access Wellbeats via the mobile app or on your [internet browser](https://portal.wellbeats.com/?redirectTo=%2Fhome) and login with your work email address.

[Enter general login information. Here is an example:

**Your Username** = Your [Company Name] email address. If you’re logging in for the first time or forgot your password, select **Forgot Password** to reset your password.]

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

Cheers,

[Enter your name here]