**Self Care: 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 blue and green arrow with white text

AI-generated content may be incorrect.

With the cooler weather and the busy holiday season approaching, November is the perfect time to slow down and practice a little self care. It's an opportunity to refuel your mind and body so you can feel your best.

Enroll in the [**Wellness Time Savers Program**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) and **complete it by November 30, 2025!** This program is designed to support your wellbeing with quick workouts, calming mindfulness, and simple nutrition tips so you can feel healthier and more balanced, even on busy days.

Get started by logging into your Wellbeats *Wellness* account at [**portal.wellbeats.com**](https://portal.wellbeats.com/).

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