**Self Care: 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 smiling with her hand on her shoulder

AI-generated content may be incorrect.

With the holidays on the horizon and work in full swing, it can be tough to find time for yourself. But taking a moment to breathe and reset is one of the most important things you can do for your health and wellbeing.

As part of your benefits, you have access to the Wellbeats [Wellness Time Savers](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) program, to support your health and wellbeing, even on your busiest days.

Ready to join? In your Wellbeats *Wellness* account, go to Programs to join the [**Wellness Time Savers Program**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) today.

#Wellbeats*Wellness* #SelfCare #WellnessTimeSavers