**Mind-Body Connection: 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 Connection Flyer” to the email.

A person smiling and a sign

Description automatically generated

**Subject: How Your Mind and Body Work Together: Explore the Connection with Wellbeats!**

Have you considered how the mind and body can influence each other? This month, we're turning the spotlight on the mind-body connection, empowering you to explore how thoughts and emotions shape your physical health, and how nurturing your body can lead to a clearer, more focused mind.

Wellbeats provides a treasure trove of resources to help you achieve this:

* **De-stress and unwind:** Explore a vast library of guided meditations and mindfulness practices led by experts. Find your perfect session to quiet your mind, reduce stress, and sharpen your focus.
* **Move with purpose:** Discover mindful movement practices like yoga and Pilates. These classes can help you connect your breath to your body, fostering inner peace and improving concentration.
* **Nourish your mind and body:** Learn recipes that not only delicious and nutritious but also support cognitive function and mental clarity.

**Remember, a balanced mind and body are key to a thriving you!**

**Ready to explore how Wellbeats can strengthen the mind-body connection?**

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]