**Preventive Health: 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.



**Caption:**

Invest in your future health today with Wellbeats *Wellness*.

🌟 Whether it's improving your nutrition, practicing mindful meditation, or incorporating daily stretches and activity, our resources are here to support you. Start now and create a lifestyle your future healthier self will thank you for! 💚

Safely ease into a wellness routine and try a class today: [**portal.wellbeats.com**](https://portal.wellbeats.com/)

(You may be prompted to log in to your account first.)

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

#WellbeatsWellness #FutureHealth #HealthyHabits #PreventiveHealth