



Your future healthy self will thank you

Making healthy lifestyle choices, such as increasing physical activity or eating healthy, can help prevent or manage chronic disease. Invest in your future health today.

This month, we're focused on preventive health. Wellbeats *Wellness*, a product of LifeSpeak, Inc., offers thousands of on-demand fitness, nutrition, and mindfulness classes to support you in building a strong foundation for a healthier tomorrow.



Small Steps, Big Impact

Here are some Wellbeats programs you can start today that will help support your long-term health:



**Get Fit:
Begin**



**Supportive
Foods**



Weight Loss



Stress Relief

Wellbeats *Wellness* can help create a lifestyle that your future healthy self will thank you for.



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