**Preventive Health: 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.



Imagine feeling energized, focused, and ready to tackle anything! That's the power of investing in your future health today.

This month, we're all about **preventative health**, helping you build a foundation for a strong and healthy tomorrow.

As a part of your benefits, you have access to Wellbeats *Wellness*, which offers thousands of on-demand fitness, nutrition and mindfulness classes.

Whether it’s changing your nutrition choices, choosing to do mindful meditation or stretching throughout each day or introducing a more active routine, using Wellbeats *Wellness* can help create a lifestyle that your future **healthy** self will thank you for.

Invest in your future healthy self and try a class today: [**portal.wellbeats.com**](https://portal.wellbeats.com/)

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