**Rest and Restore: 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.



Good sleep is key to your wellbeing, but stress and poor rest can impact your mood and productivity. As part of your benefits, access Wellbeats *Wellness* for thousands of on-demand classes including those on sleep improvement.

We encourage you to try the two-week [**Rest and Restore program**](https://portal.wellbeats.com/programs(m:program-detail/2443)#overview), which offers four weekly classes to help you sleep better. You’ll get to take classes like: Sleepy Time Yoga, Bedtime Meditation, or Wind Down Stretch, and wake up refreshed!

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