**Rest and Restore: 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 “Rest and Restore Flyer” to the email.



**Subject: Wake up refreshed and revived with Wellbeats' Rest and Restore Program!**

Imagine waking up energized, focused, and ready to take on anything!

Good sleep is essential to our physical, mental, and emotional wellbeing. When we don’t get enough quality rest, we can become stressed which negatively impacts our mood, productivity, and overall health.

But don’t worry, better sleep is within reach. As part of your benefits, you have access to Wellbeats *Wellness* where you can take part in the two-week [**Rest and Restore program**](https://portal.wellbeats.com/programs(m:program-detail/2443)#overview) which offers four classes per week to support your sleep routine and help you wake up refreshed. This program includes a range of classes from restorative yoga, gentle stretching, or calming meditation to unwind and prepare for a restful night.

**Ready to Rest and Restore with some nighttime routines?**

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]