**Rest and Restore: 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.



Ready to wake up feeling refreshed, energized and ready to conquer your day? Getting a good night's rest is key to your wellbeing, your mood and your productivity.

If you’re looking for ways to improve your sleep, join the two-week [**Rest and Restore program**](https://portal.wellbeats.com/programs(m:program-detail/2443)#overview) on Wellbeats *Wellness*. Led by top wellness experts, this program is designed to help you wind down and prepare your mind and body for rest.

In this program, dive into classes like:

* [Sleepy Time Yoga](https://portal.wellbeats.com/programs(m:class-detail/3346)#overview),
* [Bedtime Meditation](https://portal.wellbeats.com/programs(m:class-detail/3195)#overview)
* [Wind Down Stretch](https://portal.wellbeats.com/programs(m:class-detail/3446)#overview)

Ready to join? In your Wellbeats *Wellness* account, go to Programs to join the [**Rest and Restore program**](https://portal.wellbeats.com/programs(m:program-detail/2443)#overview) today. Start today and wake up refreshed!

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

🌟💤 #BetterSleep #WellbeatsWellness #RestAndRestore