**Heart Health: 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.

**Caption:**

**A person holding a heart on his chest

Description automatically generated**

Small changes can make a big difference in your heart health. This month, take steps to improve your wellbeing and enjoy a healthier, happier heart. 💖

As part of your benefits, you have access to Wellbeats *Wellness*, offering a variety of videos to keep you and your heart in great shape. Check out these highlights from our three pillars:

**Fitness:**

[Countdown to Fit](https://portal.wellbeats.com/search(m:class-detail/1808)#overview)

[Power Circuits](https://portal.wellbeats.com/search(m:class-detail/1846)#overview)

**Nutrition:**  
[Breakfast: Start Your Day Right](https://portal.wellbeats.com/search(m:class-detail/1505)#overview)

[Eat Better, Sleep Better](https://portal.wellbeats.com/search(m:class-detail/1515)#overview)

**Mind-Body:**  
[Balance in Focus](https://portal.wellbeats.com/search(m:class-detail/3210)#overview)

[Mudra Meditation](https://portal.wellbeats.com/search(m:class-detail/2097)#overview)

**Ready to show your heart some love?**

Access Wellbeats via the mobile app or on your [internet browser](https://portal.wellbeats.com/?redirectTo=%2Fhome) and login with your work email address.

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

Let’s make heart health a priority together! 💪 #HeartHealthMonth #WellbeatsWellness #HealthyHeart