**Starting Fresh: 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 and person holding skis

Description automatically generated**

Want to start the year fresh but short on time? Start the year fresh with the [**Wellness Time Savers**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) program, available on Wellbeats, which is designed to help you prioritize your wellbeing, even during the busiest times.

You can expect quick and effective workouts designed to fit your busy schedule, simple mindfulness practices to reduce stress and improve focus, and easy-to-follow advice for fueling your body.

Ready to join? In your Wellbeats *Wellness* account, go to Programs to join the [**Wellness Time Savers**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) program today. Starting fresh is easy and possible.

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

#NewYearNewYou #Wellbeing #WellbeatsWellness #StartingFresh