**Starting Fresh: 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.

A person wearing gloves and holding a sign

Description automatically generated

Are you planning to start the year on the right foot but fear you may not have the time? The [**Wellness Time Savers**](https://portal.wellbeats.com/search(m:program-detail/2528)#overview) program, available on Wellbeats, is designed to help you prioritize your wellbeing, even during the busiest times.

With effective workouts (10 minutes and shorter), mindfulness techniques, and nutrition tips, you can:

* Reduce stress and anxiety
* Boost your energy levels
* Improve your sleep quality
* Enhance your overall mood

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