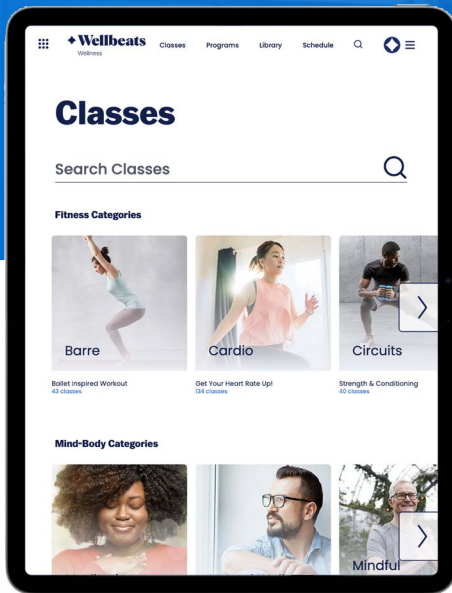




Wellness

# Healthy Together



Life's journey becomes more enriching with support and shared positive experiences. Achieving your wellbeing goals together can feel so much more fulfilling, and Wellbeats Wellness provides the perfect platform to do so!

As part of your benefits, you have access to Wellbeats Wellness, offering thousands of on-demand classes to prioritize your health alongside colleagues, friends, or family.

Do you know what would make this even more meaningful? **Inviting others to join these classes with you!** Because what better way to care for each other than keeping healthy together?

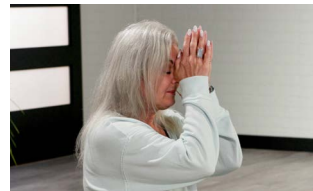
**LOOKING FOR SOME CLASSES TO DO WITH OTHERS? BELOW WE HAVE COMPILED A FEW JUST FOR YOU:**



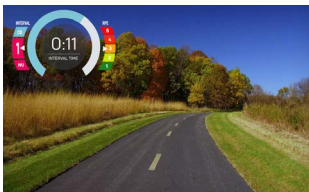
**Get Kids Interested in Nutrition**  
6 mins



**FUNDamentals**  
20 mins



**Guided Meditation**  
26 mins



**Hills & Intervals**  
26 mins



**Simply Barre**  
24 mins



**Lavender Lemonade**  
2 mins

## Ready to get started?

Log into your Wellbeats Wellness account and participate in a **class** today!



Download the app  
on the App Store or  
Google Play

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)