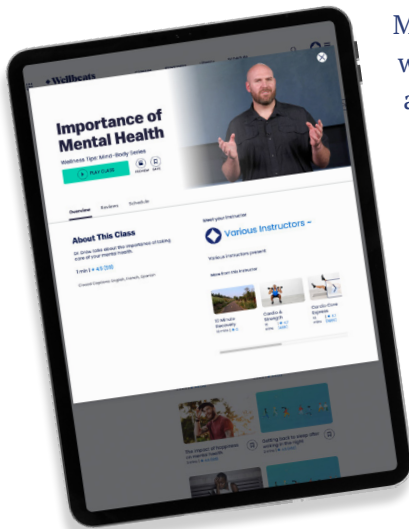


# Breathe. Rest. Recharge.



May is Mental Health Month, and it's the perfect time to focus on your mental wellbeing. Taking care of your mind is just as important as taking care of your body, and Wellbeats is here to help you recharge and prioritize yourself.

Easily incorporate mental wellness into your daily life with a variety of classes designed to reduce stress, improve mindfulness, and boost your overall mental health. Expert instructors guide you through each session, ensuring you receive the best support for your mental wellbeing. Take advantage of Mental Health Month to explore new ways to care for your mind and enhance your emotional resilience.

## Wellbeats *Wellness* at Your Fingertips

As part of your benefits, you have access to Wellbeats *Wellness*—offering thousands of on-demand classes to help you reset and relax. Whether it's a quick meditation, a stress-relieving workout, or a mindfulness session, there's something for everyone.

## How can you get started?

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

[Play a Class](#)



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on the App Store or  
Google Play

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