

## **Wellbeats Wellness: On-Demand Wellness Resources to Stay Healthy and Happy This Holiday Season**

The holiday season is a time of joy, celebration, and connection. This December, take advantage of Wellbeats Wellness, a virtual, on-demand fitness, mindfulness, and nutrition resource. Access Wellbeats via the mobile app or on your internet browser to help you enjoy the season while keeping your well-being front and center.

Permanent Montgomery County Public Schools employees have access to Wellbeats and its thousands of virtual workouts, meditation and yoga routines, and nutrition classes and programs. It is sure to help you stay energized, balanced, and healthy throughout the holidays.

Ready to give yourself the gift of wellness? [Access Wellbeats](#) via the mobile app or on your internet browser by logging in with your work email address.