

Wellbeats Wellness: Well-being Is a Necessity

In today's fast-paced work environment, well-being isn't just a luxury—it's a necessity. When we feel well, we are more equipped to handle our daily tasks and deadlines, which is essential not only for individual success, but also for the team's long-term performance. As part of your benefits, Wellbeats Wellness provides many resources designed to help you care for your whole well-being throughout your workday. Whenever you need a quick recharge, Wellbeats offers classes like:

- Brain Recharge
- 5 Movements to Reduce Sitting-Related Pain
- Clear Your Mind

When your mind is well, your work thrives! [Learn more](#).

[Download the Wellbeats app](#) to get started! Once you're logged in, you can enroll in the *Give Me a Work Break* program or find more work break videos [here](#). When your mind is well, your work thrives!