



◆ Wellbeats

Wellness

Give Me a Work Break Program

Feeling a little stressed or anxious at work? Join us for this 4-week program featuring a weekday work break or mindfulness class to help you recharge, refocus, and energize your mind and body.

RECOMMENDED EQUIPMENT

All you need is a chair

SIGN UP FOR THE PROGRAM TODAY!

Select Programs in the main menu, then select Give Me a Work Break to get started.



Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com
support@wellbeats.com

