



Wellness

Mindful Moments:

Enhancing Focus at Work.



Ever feel like your workday is slipping away without getting any work done? Take control with the Wellbeats **Mindfulness At Work program!** In just two weeks, you'll learn simple mindfulness techniques and yoga postures you can do right at your desk to recharge and boost your productivity.

GET INTO CLASSES LIKE:



Pick Me Up

3 mins



Gratitude Meditation

5 mins



Brain Recharge

3 mins

As a benefit, you get access to Wellbeats Wellness, which offers thousands of on-demand programs and classes to support mental wellbeing and living a healthier life.



Ready to boost your productivity at work?

Log into your Wellbeats *Wellness* account and join the **Mindfulness At Work** program today!



Download the app on the App Store or Google Play

portal.wellbeats.com
support@wellbeats.com