## Stand-Alone Email

**\*\*Please note: *YourCustomMindWellLink*** looks like “app.mindwellu.com/**customURL**”

**Subject:** Make Time for What Matters: Your Well-Being

Dear \_\_\_\_\_\_,

Did you know [Organization Name] grants you access to **MindWell**, a science-backed platform that helps you shift from stress to calm in just minutes?

From live classes to quick daily practices, MindWell gives you practical tools to support your well-being at work and beyond.

* 5-minute mindfulness practices
* Live expert-led sessions
* On-demand video library
* No pressure. No judgment. Just support.

Sign up now and start with a 5-minute reset. [app.mindwellu.com/customURL]

**What’s on the Calendar**

From Pilates for Posture and Tips for a Restorative Sleep to Financial Freedom and Eating for Mental Health & Peak Performance, there’s something for everyone. You can join from any device, or catch up later with recordings in the MindWell Library.

Whether you want to reduce stress, sleep better, or feel more energized, MindWell will help you feel your best.

Join MindWell Today.

[app.mindwellu.com/customURL]

[Insert image of the Calendar]