## Stand-Alone Email

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

**Subject:** July at MindWell

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

It's common to end the day with tension in the back, shoulders, or both.

Poor posture often shows up as discomfort in different parts of the body, but small, consistent habits can make a big difference at your desk and in daily life.

This July, MindWell’s programming is focused on helping you move more mindfully and feel better in your body. Join us for a series of expert-led sessions designed to support your overall well-being:

* **NEW:** Posture, Pilates & Alignment for the Workplace
* Tune Into the Sound and Motion of Wellness
* Coping with Stress and Anxiety
* Energy in Motion: Using Breath to Ease Tension

Take a moment for yourself this month, your body *and mind* will thank you.

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Posture, Pilates & Alignment for the Workplace**

Unlock the secrets to a pain-free and productive workday in our upcoming webinar on Posture, Pilates, and Alignment in the Workplace. Discover simple yet powerful Pilates-based exercises and ergonomic adjustments you can implement immediately at your desk to improve your posture and spinal alignment.

Reclaim your comfort, boost your energy levels, and prevent those nagging aches and pains that hinder your focus – no prior experience needed!

**One-time 45-minute session**

Tuesday, July 15th at 1pm ET / 10am PT

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/196]

* **Tune Into the Sound and Motion of Wellness**

Experience how intentional movement and the power of sound can elevate your energy, boost your mood, and support overall well-being.

Join Dr. Ellen Choi for an engaging session where you’ll explore the science behind movement and discover how rhythmic sound patterns can help you reset your nervous system and get your body in motion.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Coping with Stress and Anxiety**

We all experience stress and anxiety. It’s a natural part of being human. But when these feelings become overwhelming, it’s important to understand why.

In this class, you'll learn about the spectrum of mental health and how to support yourself and others through challenging times. Discover practical tools to manage stress and know when to seek help.

**New Class Time:** 3pm ET / 1pm PT

*\*This class is bilingual. The presentation will be in English with live captions available in French. Questions will be answered by the instructor in the language they are asked.*

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/189]

* **Energy in Motion: Using Breath to Ease Tension**

Learn how simple, intentional movements paired with breathwork can restore energy, ease tension, and support better posture throughout your day.

This session combines movement practice with guided breathwork exercises to help your body feel more balanced and energized.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

Learn more about these programs and other MindWell offerings this July by logging into *Live Classes*>>>

[Hyperlink: YourCustomMindWellLink/liveclasses]

Don’t yet have an account? Sign up here >>>

[Hyperlink: YourCustomMindWellLink]

CTA: Log In Now

More new programs will be updated soon. Stay Tuned!

\*\*MindWell is a service provided to you by \_\_\_*(insert your company name here)\_\_\_.* If you don’t yet have an account, sign up for free here: \_\_\_\_\_\_(link)\_\_\_\_\_\_\_\_\_\_ \*\*

[Hyperlink: YourCustomMindWellLink]

## Shorter Text

(to Add to Email or Use on Intranet)

(or use image included below)

**July at MindWell**

Improve your well-being with MindWell’s programs and classes.

**Posture, Pilates & Alignment for the Workplace**

Practice simple yet powerful Pilates-based exercises and ergonomic adjustments you can implement immediately at your desk to improve your posture and relieve pain.

**Tune Into the Sound and Motion of Wellness**

Experience how intentional movement and the power of sound can elevate your energy, boost your mood, and support overall well-being.

**Coping with Stress and Anxiety**

Learn about the spectrum of mental health and how to support yourself and others through challenging times. Discover practical tools to manage stress and know when to seek help.

**Energy in Motion: Using Breath to Ease Tension**

Learn how simple, intentional movements paired with breathwork can restore energy, ease tension, and support better posture throughout your day.

Sign up for these programs by logging into your MindWell account.

[Hyperlink: YourCustomMindWellLink/[vueLogin](https://app.mindwellu.com/vueLogin)]

Don’t have an account? Sign up today.

[Hyperlink: YourCustomMindWellLink]