## Stand-Alone Email

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

**Subject:** August at MindWell

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

As summer peaks, many of us find ourselves gathering with friends and family, enjoying longer days and vibrant meals. But this season can also come with challenges, feeling out of routine or even disconnected.

Whether you're making the most of summer or craving a bit more balance, MindWell’s August live classes are here to help you recharge and reconnect with yourself and others.

What’s coming this month:

* Fresh Summer Plates: Healthy Social Gatherings
* True Self, True Belonging
* Leadership & Psychological Safety
* Genuine Talk, Stronger Bonds

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Fresh Summer Plates: Healthy Social Gatherings**

Join Chef Kristin Fraser for a vibrant 45-minute online workshop designed to inspire feel-good meals for sunny picnics, BBQs, and dinner parties.

You'll learn how to create colourful, easy-to-prep dishes that support gut health, energy, and connection, without sacrificing flavour or fun. Perfect for wellness-minded foodies or anyone looking to elevate their summer social meals.

Virtual demonstration with recipe package, including better-for-you drinks and teas, your go to mezze board creations and a rainbow taco bar to cover all dietary needs of your guests!

**One-time 45-minute session**

Tuesday, August 12 at 1pm ET / 10am PT

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/198]

* **True Self, True Belonging**

Discover how embracing your authentic self fosters deeper connections and a stronger sense of belonging.

Dr. Ellen Choi will guide you in cultivating the courage to be true to yourself and build meaningful relationships.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Leadership & Psychological Safety**

Discover how to lead with trust and intention. In this session, leaders will explore actionable strategies to create a culture of psychological safety, where open communication, respectful challenge, and healthy risk-taking are not only welcomed but encouraged.

Learn how to reduce fear of failure, build stronger connections, and empower your team to perform at their best.

*\*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]

* **Genuine Talk, Stronger Bonds**

Explore how to bring more presence and clarity into conversations, at work and beyond.

You'll practice listening without judgment, responding with intention, and creating space for genuine connection.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

Learn more about these programs and other MindWell offerings this August 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)

**August at MindWell**

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

**Fresh Summer Plates: Healthy Social Gatherings**

Learn how to create colourful, easy-to-prep dishes that support gut health, energy, and connection, without sacrificing flavour or fun. Perfect for anyone looking to elevate their summer social meals.

**True Self, True Belonging**

Discover how embracing your authentic self fosters deeper connections and a stronger sense of belonging.

**Leadership & Psychological Safety**

Explore actionable strategies to create a culture of psychological safety, where open communication, respectful challenge, and healthy risk-taking are not only welcomed but encouraged.

**Genuine Talk, Stronger Bonds**

Practice listening without judgment, responding with intention, and creating space for genuine connection.

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]