## Stand-Alone Email

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

**Subject:** October at MindWell

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

What’s on your plate could be shaping your mood, focus, and energy.

Mental health is about the small, daily choices we make to care for ourselves; and food is a vital part of that.

As part of Mental Illness Awareness Week and World Mental Health Day, MindWell is bringing you a special webinar on one powerful *(and often overlooked)* choice: **what we eat.**

Join renowned Canadian mental health pioneer Dr. Bonnie Kaplan for **The Better Brain Diet: Eating for Mental Health & Peak Performance webinar.**

Learn how the food you eat can help reduce stress, sharpen focus, and boost resilience, and walk away with simple, practical tips you can use right away.

And that’s not all! In October, you can also join:

* Taming the Wandering Mind
* Mind Reset for Focus and Clarity
* Posture & Mental Health: Standing Tall for a Calmer Mind

Learn more about these programs and sign up below.

**What’s on Offer?**

* **The Better Brain Diet: Eating for Mental Health & Peak Performance**

Discover the science behind eating for better mental well-being in this expert-led webinar with renowned Canadian mental health pioneer Dr. Bonnie Kaplan, author of The Better Brain.

As part of Mental Health Month, join us on Tuesday, October 7th to explore how nutrition impacts your mind and learn practical strategies to support mental clarity, reduce stress, and boost performance at work and beyond.

Dr. Kaplan will cover:

* The essential brain nutrients and their profound impact on your mental state.
* How to fuel your body's energy production (mitochondria) through diet to combat inflammation and fatigue.
* The surprising link between your gut and your brain, and how to nourish both for better mental health.
* Overview of public policy initiatives & implications for workplace mental health strategies
* A clear, actionable roadmap for improving your mental well-being with simple, evidence-based nutrition strategies

**60-minute Webinar**

Tuesday, Oct. 7th, at 10am PT / 1pm ET

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/200]

* **Taming the Wandering Mind**

A restless mind can impact everything, from your focus at work to how you manage stress in daily life.

This month, Dr. Ellen Choi explores the link between working memory and mental distraction. You’ll learn science-backed tools and mindfulness strategies to sharpen your attention, enhance productivity, and stay grounded in the present moment.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Posture & Mental Health:****Standing Tall for a Calmer Mind**

Slouching can increase stress, drain energy, and affect focus, while standing tall can boost mood, confidence, and clarity.

In this session, Stott Pilates–certified instructor Julie Anderton will guide you through simple Pilates-based movements to release tension, improve alignment, and support both your body and your mind.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/204]

* **Mind Reset for Focus and Clarity**

Learn breathwork exercises to manage mental fatigue and overthinking. Through mindful breathing strategies, this session will guide you in resetting your mind for greater clarity and concentration. Feel Your Best, Perform Your Best!

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

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

**October at MindWell**

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

**The Better Brain Diet: Eating for Mental Health & Peak Performance**

As part of World Mental Health Day, join us to explore how nutrition impacts your mind and learn practical strategies to support mental clarity, reduce stress, and boost performance.

**Taming the Wandering Mind**

Explore the link between working memory and mental distraction, and learn science-backed tools to sharpen your attention, enhance productivity, and stay grounded.

**Posture & Mental Health:****Standing Tall for a Calmer Mind**

Practice simple Pilates-based movements to release tension, improve alignment, and support both your body and your mind.

**Mind Reset for Focus and Clarity**

Through mindful breathing strategies, this session will guide you in resetting your mind for greater clarity and concentration.

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]