## Stand-Alone Email

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

**Subject:** November at MindWell

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

Let's be real: money can be one of the biggest sources of stress in life. It often feels complicated or overwhelming.

That’s why in November, MindWell is focusing on Financial Health, but not the way you might think. MindWell is moving past traditional budgeting and looking at how to build a stronger, calmer mindset around money and spending.

The following sessions are designed to help you reduce anxiety and feel more confident about your financial future:

* Building a Robust Money Management System
* From Achievement to Fulfillment
* Pilates and the Economy of Movement
* The Power of Breath in Conscious Spending

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Building a Robust Money Management System**

Learn how to create a simple, effective system for saving and spending that helps you feel in control and get ahead financially. This session focuses on building habits and structure that support your goals, not just your bills.

**One-time 45-minute session**

Tuesday, November 4th at **2:30pm ET / 11:30am PT**

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/201]

* **From Achievement to Fulfillment**

Explore the distinction between "being," "doing," and "having," and the difference between achievement and fulfillment.

Learn how to align your financial pursuits with your core values to cultivate a deeper sense of purpose and lasting well-being.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Pilates and the Economy of Movement**

Just as mindful financial habits help us manage money wisely, mindful movement supports us to conserve energy and use our bodies more efficiently.

Discover how to "budget" your effort, release unnecessary tension, and cultivate movement that is both effective and sustainable.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/204]

* **The Power of Breath in Conscious Spending**

Explore the connection between mindful awareness and financial behavior. This session helps you reflect on values-based choices, reduce stress around money, and build a more grounded relationship with financial decisions.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

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

**November at MindWell**

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

**Building a Robust Money Management System**

Learn how to create a simple, effective system for saving and spending that helps you feel in control and get ahead financially.

**From Achievement to Fulfillment**

Explore the distinction between "being," "doing," and "having," and the difference between achievement and fulfillment.

**Pilates and the Economy of Movement**

Discover how to "budget" your effort, release unnecessary tension, and cultivate movement that is both effective and sustainable.

**The Power of Breath in Conscious Spending**

This session helps you reflect on values-based choices, reduce stress around money, and build a more grounded relationship with financial decisions.

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]