## Stand-Alone Email

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

**Subject:** February at MindWell

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

As we move out of the festive season and back into our routines, staying connected is key to feeling your best. That’s why MindWell’s February theme is Social Health.

This isn’t about “networking” or awkward ice-breakers. MindWelll is focusing on what truly matters: how to feel heard, how to support those around you, and how to build relationships that energize rather than drain you.

**New Speaker Spotlight**  
MindWell is also thrilled to welcome Samir Mourani, recognized for his impactful work in men’s mental health. We can’t wait for you to learn from him.

**Coming in February:**

* NEW: How Connection Builds a Better You
* Cultivating Compassionate Connections
* Pilates: Posture & Body Language
* Speak & Listen with Ease

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Warm Up from Within: A Mindful Winter Reset Cooking Workshop**

Often we’re told that success depends on independence and self-discipline. In reality, real growth is fundamentally fueled by connection, a vital need for every person.

In this session, new MindWell speaker Samir Mourani will share how strengthening social well-being can not only improve relationships, but also influence how you show up at work, manage stress, and see yourself.

Samir will offer practical insights he has learned to help you create deeper, more meaningful connections without forcing small talk or pretending to be someone you’re not.

You’ll walk away with simple ways to build genuine relationships, strengthen your sense of belonging, and boost your overall happiness. Because feeling connected isn’t just good for the heart; it’s fuel for the whole human experience.

**Tuesday, February 10th**

1pm ET / 10am PT

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/207]

* **Cultivating Compassionate Connections**

Explore mindfulness principles and practices that enhance trust, empathy, improve communication, and build more meaningful relationships with those around you.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Pilates: Posture & Body Language**

Whether it’s about making a first impression, or showing signs of our mood or mental state, our posture and body language can have an impact on our social interactions.

Through the Pilates principles and technique, you will learn how to find your ideal posture to convey a sense of confidence and a positive attitude to help you manage your social interactions.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/204]

* **Speak & Listen with Ease**

Discover how mindful breathing cultivates a grounded presence in every interaction, enhancing your ability to speak and listen with clarity. Learn to navigate conversations, recognize triggers, and respond with greater patience and empathy.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

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

**February at MindWell**

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

**How Connection Builds a Better You**

Learn simple ways to build genuine relationships, strengthen your sense of belonging, and boost your overall happiness. Because feeling connected isn’t just good for the heart; it’s fuel for the whole human experience.

**Cultivating Compassionate Connections**

Explore mindfulness principles and practices that enhance trust, empathy, improve communication, and build more meaningful relationships with those around you.

**Pilates: Posture & Body Language**

Project confidence and positivity! Learn how Pilates principles can refine your posture and body language, and help you improve your social interactions.

**Speak & Listen with Ease**

Learn how to stay grounded in conversations, notice emotional triggers, and respond with greater patience and clarity.

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]