## Stand-Alone Email

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

**Subject:** What’s NEW this March?

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

Our main goal here at MindWell is to help you reduce stress and feel better mentally, emotionally and physically.

For the month of March, MindWell has put together new class themes and programs that will help you do just that.

These programs include:

* Reduce Stress with EFT
* The Power of Vulnerability
* Accepting “What Is”
* Renewal through Forgiveness
* Strength in Body and Mind
* Tai Chi: Increase Calm & Mobility

Learn more about these programs and sign up below.

**What’s on Offer?**

* **EFT for Stress Relief**

In MindWell’s brand new 4-week program, you'll learn to apply Emotional Freedom Technique (EFT), also known as tapping, to reduce your stress levels, process emotions, and feel better in your everyday life.

EFT is a science-backed technique that you can use anytime, anywhere, which has been proven to decrease anxiety levels by 40% and decrease levels of cortisol, the stress hormone, by 43% in a single session.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/147]

* **The Power of Vulnerability**

Many people think that being vulnerable is a sign of weakness. In fact, vulnerability can be a powerful tool when it’s fully understood and utilized properly.

Join Coach Jackie each Monday in March to learn what vulnerability really means, the benefits (and potential drawbacks) of being vulnerable, and how to get more comfortable with being vulnerable to become your true and authentic self in life and to experience more joy and success in all areas.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/46]

* **Importance of Accepting “What Is”**

We can’t always control what happens in our life or the world around us, but we can control how we respond to it. And the first step? Learning to accept what is.

Join Ross every Friday this March to learn new tools to bring more acceptance, peace and joy into your life.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

* **Renewal through Forgiveness**

Many of us are holding onto negative feelings about things we’ve said, done or didn’t do in the past. Perhaps you’re holding onto negative feelings towards someone else for the same reasons. It can feel heavy at times.

Join Dr. Ellen each Wednesday in March to explore how to more easily forgive others (and ourselves) and experience a sense of renewal from within.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **Strength in Body & Mind**

Building strength, endurance, balance and mobility is as much an exercise of the mind as it is the body.

Join Lucia each Tuesday this March to learn how to use mindfulness-in-action to develop long-lasting fitness habits that will keep you strong and limber for years to come - physically and mentally.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/70]

* **Tai Chi: Relieve Stress & Increase Mobility**

Tai Chi classes will help you discover simple movements to improve your physical and mental health, balance and relaxation through the ancient art of Tai Chi. Safe and accessible for all - even those recovering from illness or injury. No special clothing or equipment needed.

Join Peter every Monday to learn the foundations of Tai Chi to decrease stress and improve your mobility.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/142]

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

**March at MindWell**

Feel your best mentally, emotionally and physically by engaging with MindWell’s programs offered this March.

**EFT for Stress Relief**

EFT is a science-backed technique that has been proven to decrease anxiety levels by 40% and decrease levels of cortisol, the stress hormone, by 43% in a single session.

**The Power of Vulnerability**

Learn to use the power of vulnerability to become your true and authentic self and to experience more joy and success in all areas of life.

**Importance of Accepting “What Is”**

We can’t always control what happens in our life or the world around us, but we can control how we respond to it. And the first step? Learning to accept what is.

**Renewal through Forgiveness**

We can't change the past, but we *can* change the present. Explore how we can more easily forgive others (and ourselves) and experience a sense of renewal from within.

**Strength in Body & Mind**

Learn how to use mindfulness-in-action to develop long-lasting fitness habits that will keep you strong and limber for years to come - physically and mentally.

**Tai Chi: Relieve Stress & Increase Mobility**

Discover simple movements to improve your physical and mental health, balance and relaxation through the ancient art of Tai Chi.

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]