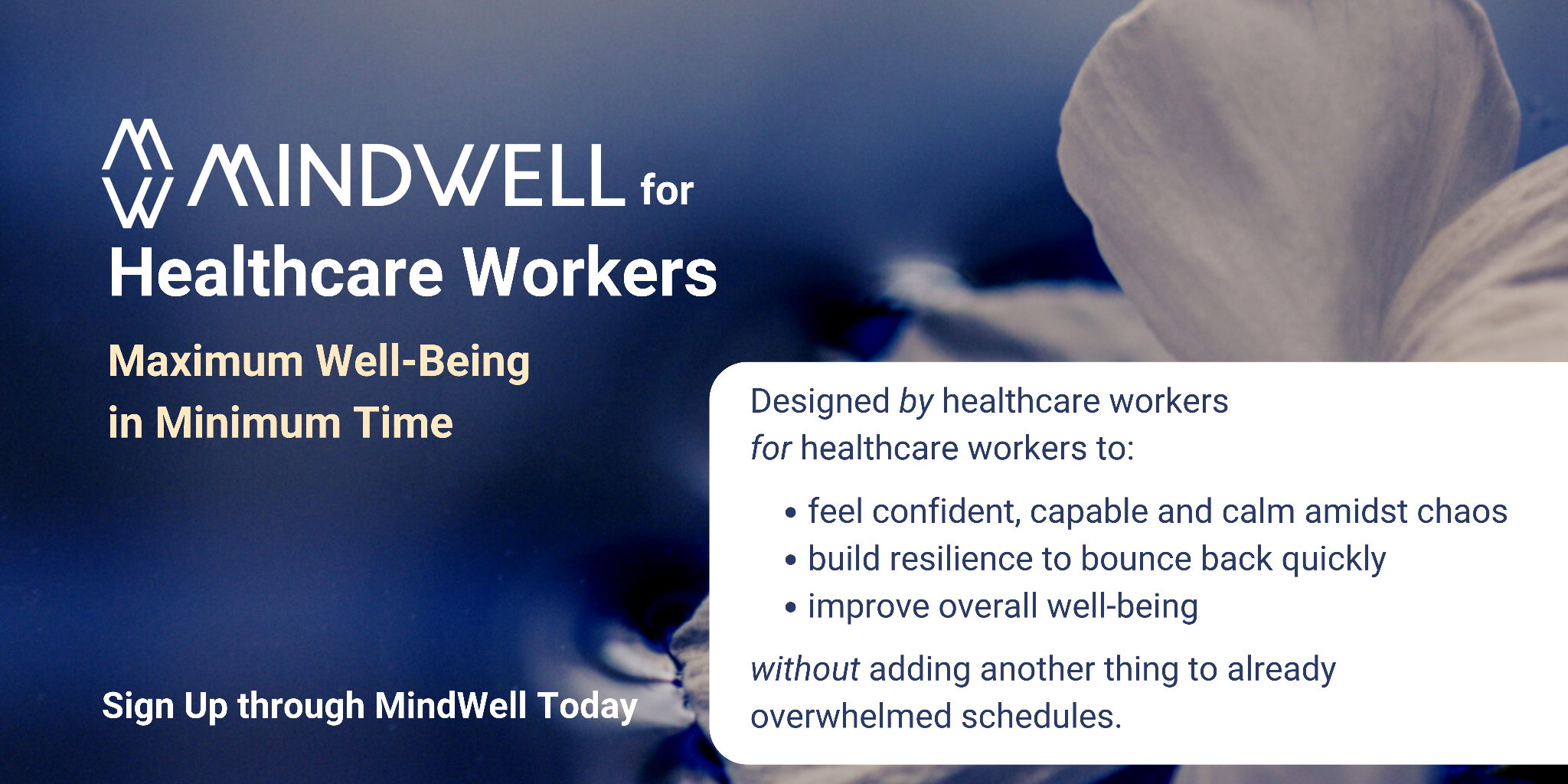
***Note: Send this email out to your organization to let them know about MindWell for Healthcare workers and encourage them to sign up.***

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*(can use the image we provided as an email header if you choose)*

**→ Email content:**

**MindWell for Healthcare Workers** is designed *for* healthcare workers *by* healthcare workers to give you the tools you need to:

* **FEEL CONFIDENT AND CAPABLE**

Discover how to use stress as an ally for improved performance.

* **REMAIN CALM AMIDST CHAOS**

Learn simple tools that help you remain more calm during challenging situations.

* **BUILD RESILIENCE AND WELL-BEING**

Use mindfulness-in-action to bounce back from difficulty and improve your overall well-being.

Short, simple, and effective lessons are provided in 4 weekly modules designed to give you maximum results in the least amount of time.

**Sign up today through MindWell to see Positive Change:** app.mindwellu.com/YourCustomURL

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**Additional Details:**

*MindWell for Healthcare Workers* is a 4-week self-paced online learning experience accessible from any device. Each week includes approximately 10-15 minutes of learning content to get you results quickly.