

Prize up for grabs!

Rest, Revive, Thrive:

Unlock the Power of Sleep & Movement

Brought to you by Wellbeats *Wellness*,
a product of LifeSpeak, Inc.

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Wellness



Have you noticed how a lack of quality sleep affects your stress levels, mood, productivity, and overall wellbeing?

With Wellbeats *Wellness*, you can learn from experts how to get better sleep.

Enroll in our **Sleep & Movement** program and complete by **November 30th, 2024** for a chance to win a Wellbeats accessories gift card! Over 16 bite-sized videos, you will learn about the link between sleep and mental health, how to overcome sleep problems, and debunking common myths about sleep.



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**Complete the
Sleep & Movement
program for a
chance to win a prize**

