



**WELLBEATS WELLNESS AND LIFESPEAK SELECT**

# Find Support for What You Need... Whenever You Need It Most

Did you know? You have access to Wellbeats *Wellness*, a product of LifeSpeak Inc. with on-demand classes and programs to support your mental health.

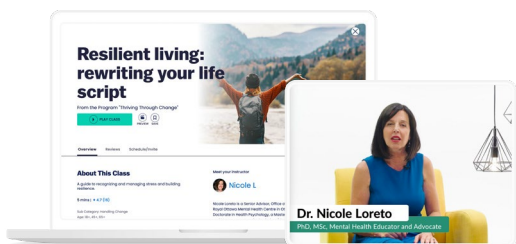
In your Wellbeats *Wellness* account, explore mental health educational classes and programs from world-leading experts covering a variety of topics such as mindfulness and resilience, self-care, relationships, parenting, stress and anxiety, and PTSD.


Participation is 100% confidential, private, and can be played at any time such as during your commute in the car or at home.

Get started by selecting “Programs” in your Wellbeats *Wellness* account and choose a LifeSpeak program to support your mental health today.

**What’s included:**

- 130+ high-quality, on-demand mental health classes covering a variety of topics such as mindfulness and resilience, self-care, relationships, parenting, stress and anxiety, and PTSD
- Self-paced mental health programs to build better health, such as “Thriving Through Change”, “Parenting: The Early Years”, “Healthy Eating & Beyond”, “Stress & Anxiety”, “Focus on Self-Care: Sleep & Movement”, “Navigating Relationships”, and more
- Research-based, practical strategies and techniques from world-leading experts
- 24/7 access in private on your own schedule



  
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