

December Email Template


Subject Line: December Wellness Opportunities: Gratitude, Fitness, and Benefits

Dear [Team/Colleagues],

This December, we're focusing on gratitude and well-being! Explore these upcoming events and resources designed to inspire and support you this holiday season:

Webinar: *Gratitude: Science & Practical Application*

Join Lacy Wolff as she explores how gratitude positively affects your brain and shares practical ways to integrate it into your daily life.

 **December 5th | 10-10:45 a.m. CT**

[Register for the Gratitude Webinar](#)


Join the 5-Day Gratitude Challenge

 **December 9–13, 2024 | 9:00–9:15 a.m. CT**

Start your day with inspiration! This virtual challenge offers practical strategies to build a daily gratitude practice through storytelling and engaging conversations.

[Sign up for the challenge](#)

Fitness and Nutrition Connect Community Calls

 **December 10 & 17 | 10:00 a.m. CT**

Join Liz, Valerie, and Kristi for interactive discussions on using gratitude to boost your fitness and nutrition habits. Connect with others who share your goals and learn helpful tips.

 [Join the community, register today!](#)

Benefit Highlights: Last Chance Sessions

 **December 4, 11 & 18 | 10:00 a.m. CT**

Learn how to make the most of your benefits! Discover tools like Hello Heart, Learn to Live, and Hinge Health, which provide support for your physical and mental well-being—all from the convenience of your smartphone or computer.

 [View details and register](#)

Take advantage of these great opportunities to prioritize your health and happiness this season!

Warm wishes,

[Your Name/Your Coordinator's Name]

[Your Organization/Wellness Team]