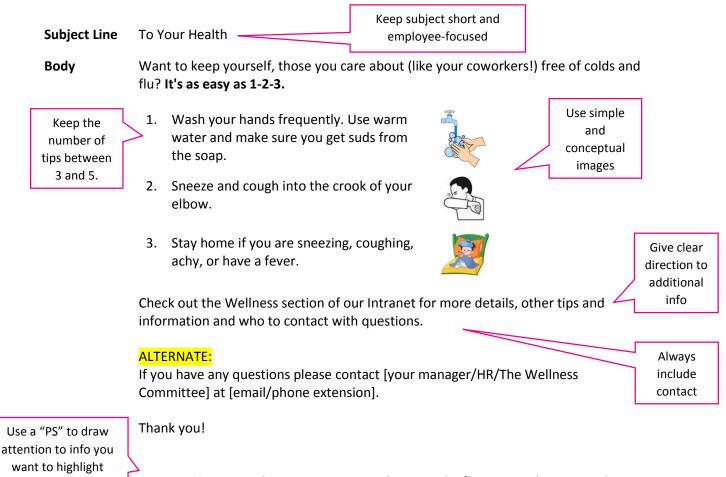
Use these basic templates as guides and to give you a jumpstart on creating emails – and even intranet or newsletter blurbs – about wellness.

# **Content Type: Helpful Hints/Tips**

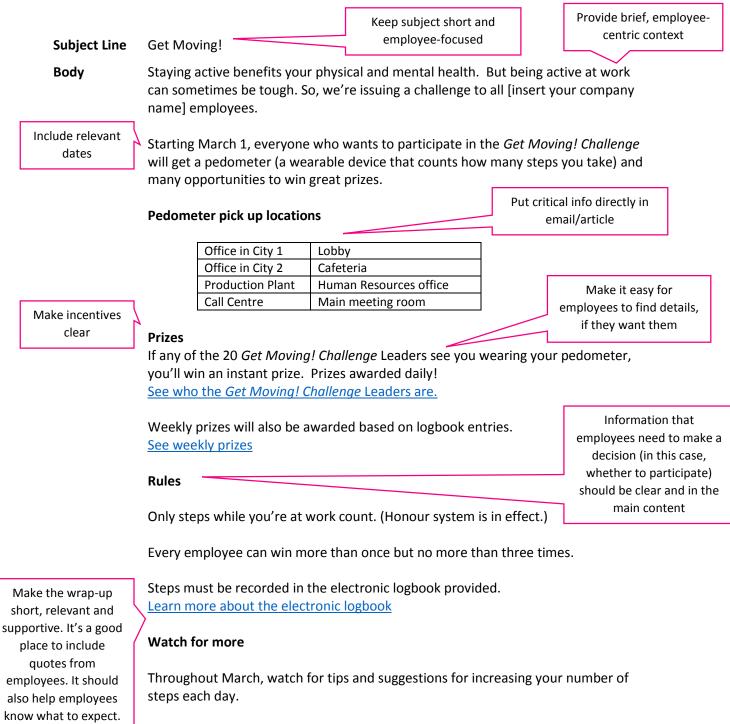
#### **Example Topic: Cold and Flu Season**



**Bonus action:** Consider getting vaccinated against the flu. You can learn more by visiting <insert relevant public health URL here>

## **Content Type: Challenge**

### **Example Topic: Staying Active**



"Let's walk and roll!" ~ B. Active, Get Moving! Leader in City 1

## **Content Type: Program / Events**

### **Example Topic: Healthy Eating**

Create FOMO! (Fear of Missing Out) Also make the topic clear

> Brief context that highlights benefit

> > to employee

Make constraints and consequences clear

**Subject Line** Free Sessions! Learn More About Healthy Eating

Body Is eating better on your personal To Do list? Many of us want to have healthier/ meals and snacks but don't always know how.



To save you time and get the info you want, we've invited experts to provide on-site seminars. They are free and open to full-time, part-time and contract employees. You can register for as many sessions as you'd like.

Make deadlines clear

If you don't have

an Intranet, use

a jump link and put details at the

bottom of the

email

Don't delay! Registration closes on [date].

Note: Registration is on a first come, first serve basis. Each session is limited to 25 participants. However, if more than 25 people register, we will offer additional sessions so that no one misses out.

All sessions will be held in the main training room. Click on the titles for complete details.

Fats, Carbs and Protein – The Essential Building Blocks [hyperlink to dedicated page on Intranet] Date and Time:

Knowing How Much is Enough [hyperlink to dedicated page on Intranet] Date and Time:

Home Cooking Made Easy [hyperlink to dedicated page on Intranet] Date and Time:

Grocery Shopping for Health [hyperlink to dedicated page on Intranet] Date and Time:



Encourage participation again at the end Just be sure to keep it short!

Questions? Contact [name and email and/or phone extension]

