

Subject line:

Too hot to exercise? Try stretching...



Body:

August is a great for time to keep wellbeing on your to-do list

Welcome to August...the tail-end of summer and beginning of school for those of you who have children. This month's wellbeing toolkit offers support to help you manage the transition. (Our calendar features reminders about getting regular eye exams and immunizations, both good ideas for all ages.)

Attached to this email are:

- **August calendar page**, featuring health observances, education and resources for a range of health issues
- **Topic-of-the-month flyer:** *Beat the heat: Stretch for the health of it*

[Mention any company benefits or programs that align with health or wellbeing issues.]

We hope these easy-to-use tools help you keep an eye on your wellbeing "checklist."