

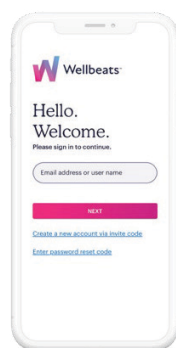


Wellbeats™ Free Trial

For Thunder Bay Regional Health Sciences Centre Staff

What's included:

- 1,000+ fitness, nutrition, and mindfulness classes led by a team of certified, friendly instructors
- 30+ goal-based programs
- 70+ healthy recipes
- Easy-to-use and stream on your personal devices anytime, anywhere
- Track your progress and receive personal recommendations



FREE ACCESS
From January 1st
to 31st, 2022

Step 1

Download the Wellbeats App
or visit the website portal:

portal.wellbeats.com

Step 2

Select 'Create a new
account via invite code' and
enter invitation code

Invitation Code

e7b8e4e9

Step 3

Play a fitness, nutrition,
or mindfulness class!



portal.wellbeats.com
support@wellbeats.com