**EMAIL #8: Stress Management Offer**

SUBJECT: Stressed out? Stress Less! A workshop offer just for you.



Hi [insert name]!

Did you know that **73% of all working adults** report at least some level of stress?

Stress is a common reality in today’s society. Work responsibilities, finances, relationships, the demands of everyday life… these can all be sources of stress, which can take a toll on our health. It’s essential that we identify and develop healthy and constructive strategies to reduce and effectively manage stress, increase our resilience, and improve our overall wellbeing.

We are offering an onsite workshop to help employees better understand stress and what it means for our health and wellbeing. They will also learn techniques and strategies to cope with stress so they can be their best at work and in their personal lives.

Our Stress Less Workshop is normally $499, but you’re a Starter Kit Member, so you get to enjoy some extra perks. Enter the promo code STARTERKIT and get the Stress Less Workshop for only $199! That’s a 60% discount!

Click here to schedule a workshop for your team.

Yours in wellness,

Meaghan Jansen

Corporate Wellness Specialist

Employee Wellness Solutions Network

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