# 12 DAYS OF GRATITUDE: EMAIL TEMPLATE

**Suggested subject line:** Join WorkWell NYC for the 12 Days of Gratitude Challenge!

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| Dear [agency/worksite name] Employees:  Give yourself the gift of gratitude! Join WorkWell NYC from **December 9th – 20th** as we go for gratefulness together during the **12 Days of Gratitude Challenge.**  Gratitude is taking time to **recognize**, **acknowledge**, and **appreciate** the goodness in life – no matter how big or how small. This may seem simple, but there are many health benefits associated with gratitude, like improved sleep, reduced stress, and overall well-being.  **Here’s how you can participate:**   1. **Download** the challenge guide [here](http://4338c173-f0a9-4ee5-9401-7a8885ea88f1.filesusr.com/ugd/02d4c9_8b0644eb0cb24cc8981f5f252cad609f.pdf) and follow along! 2. **Follow** [@workwellnyc](file:///\\msolrnetapp001m\data\EXEC%20SHARED\WorkWell%20NYC\Communications\Ready%20File\Marissa\instagram.com\workwellnyc) on Instagram for daily prompts, posts, and inspiration. 3. **Share** what you are grateful for! Fill out [this form](https://www.surveymonkey.com/r/goforgratitude) or use the hashtag **#goforgratitude** on Instagram for a chance to be featured!   **Questions?** Contact [Site Ambassador name and email] or email [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov). You can also message WorkWell NYC on [Instagram](http://www.instagram.com/workwellnyc)!   |  | | --- | | ***“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” –*** *Melody Beattie* | |
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