*Subject line: How to ditch a sweet tooth.*

A picture containing food, table, plate, bowl

Description automatically generated

Dear Employee,

If you’re like us, from now until the end of the year it feels especially difficult to cut back on sweets. With candy, cookies, and pastries all around, it seems easy to consume sugar, but is it helping you achieve your goals? Sugar isn’t the enemy, but it can lead to many health diseases and complications. Our benefit, RestoreResilience, sent us a cheat sheet for 6 ways to ditch the sweet tooth. See attached.

Don’t forget to sign up for this FREE benefit for additional support.

[](http://restoreresilience.com/thestandard)

Use Group ID “thestandardresilience” during enrollment.

For Better Health,

[Company Name]