

Follow-Up on Student Wellness Workshop

Dear [Participant's Name],

Thank you for attending the Student Wellness Workshop on [Date]. We hope you found the session informative and valuable in supporting your overall well-being.

As a follow-up, we would like to encourage you to explore the resources discussed during the workshop, including:

- Mindfulness exercises
- Stress management techniques
- Access to counseling services

We would also love to hear your feedback. Please take a moment to complete our brief survey: [Survey Link]. Your input is invaluable in helping us improve future workshops.

If you have any questions or need further support, feel free to reach out to us at [Contact Information].

Thank you once again for participating. We look forward to seeing you at our future events!

Sincerely,
[Your Name]
[Your Position]
[Your Organization]