

You're Invited!

Dear Students,

We are excited to invite you to our upcoming **Student Wellness Workshop** aimed at promoting mental and physical well-being.

Date: April 15, 2023

Time: 10:00 AM - 2:00 PM

Location: Student Center Auditorium

This workshop will cover:

- Stress Management Techniques
- Healthy Eating Habits
- Mindfulness and Meditation
- Physical Fitness Activities

Join us for a day of learning, connection, and fun! Refreshments will be provided.

Please RSVP by April 10, 2023, to ensure your spot.

We look forward to seeing you there!

Best Regards,

The Wellness Committee