

Reminder: Upcoming Wellness Program Activities

Dear Team,

This is a friendly reminder about the upcoming activities for our Wellness Program scheduled for next week. We encourage all of you to participate and take part in these exciting events aimed at promoting health and well-being.

Upcoming Activities:

- **Yoga Session:** Monday, October 30, 2023, at 5:00 PM in the Rooftop Garden
- **Healthy Cooking Workshop:** Wednesday, November 1, 2023, at 3:00 PM in the Kitchenette
- **Group Run:** Friday, November 3, 2023, at 7:00 AM, meet at the East Entrance
- **Mental Health Webinar:** Saturday, November 4, 2023, at 1:00 PM via Zoom

Please mark your calendars and let us know if you plan to attend. We look forward to seeing you all there and taking steps towards a healthier lifestyle together!

Best Regards,
Your Wellness Program Team