

# Dear Club Participants,

We hope this message finds you in good health and high spirits! We are excited to share the latest updates regarding our Wellness Initiative.

## Upcoming Activities

- **Weekly Yoga Classes:** Every Wednesday at 6 PM in the Community Hall.
- **Nutrition Workshops:** Join us on the first Saturday of each month for a hands-on cooking class.
- **Group Hikes:** Enjoy nature and fitness together. Monthly hikes scheduled for the third Sunday.

## Success Stories

We are thrilled to report that several participants have achieved their personal wellness goals thanks to the support of our community!

## Feedback

Your input is invaluable to us. Please take a moment to fill out our online survey to help us enhance our offerings.

## Thank You!

Thank you for your continued participation and enthusiasm. Together, we can foster a healthier and happier club environment!

Warm regards,  
The Wellness Initiative Team