

Important Information for Holistic Health Workshop Attendees

Dear Attendee,

We are excited to welcome you to our Holistic Health Workshop! Below are the important details you need to know:

Workshop Details:

- **Date:** Saturday, March 15, 2024
- **Time:** 9:00 AM - 4:00 PM
- **Location:** Wellness Center, 123 Healing Way, Your City

What to Bring:

- Yoga mat or comfortable seating
- Water bottle
- Notepad and pen
- Healthy snacks for breaks

Agenda:

Here's a brief overview of the day:

- 9:00 AM - Registration
- 9:30 AM - Introduction and Icebreakers
- 10:00 AM - Mindfulness Session
- 12:00 PM - Lunch Break
- 1:00 PM - Nutrition Workshop
- 3:00 PM - Group Healing Circle
- 4:00 PM - Closing Remarks

Contact Information:

If you have any questions or require assistance, please contact us at:

Email: info@wellnesscenter.com

Phone: (123) 456-7890

We look forward to seeing you there!

Warm regards,

The Holistic Health Workshop Team