

Dear Workshop Participants,

Thank you for attending our Holistic Health Workshop! We hope you found it informative and inspiring.

As promised, we have compiled a list of resources that will support you on your holistic health journey:

- **Reading Materials:**
 - "The Holistic Health Handbook" - Available at local bookstores and online.
 - "Mindfulness for Beginners" by Jon Kabat-Zinn - Great for enhancing your mindfulness practice.
- **Online Resources:**
 - [Mindful.org](https://www.mindful.org) - A comprehensive resource for mindfulness practices.
 - [Holistic Promotions](#) - Offers various workshops and webinars.
- **Local Community Resources:**
 - [Local Wellness Center](#) - Check for upcoming events and classes.
 - Community Yoga Classes - Held every Wednesday at 6 PM at the Community Center.

We encourage you to explore these resources and continue to nurture your holistic health. Please feel free to reach out with any questions!

Best regards,
The Holistic Health Workshop Team