

# Join Us for Community Wellness Workshops!

Dear Community Members,

We are excited to announce a series of wellness workshops aimed at promoting health and well-being in our community. These workshops will cover various topics including nutrition, mental health, fitness, and more!

## Workshop Details:

- **Title:** Nutrition and Healthy Eating
- **Date:** March 15, 2024
- **Time:** 6:00 PM - 8:00 PM
- **Location:** Community Center Auditorium
  
- **Title:** Mindfulness and Stress Management
- **Date:** March 22, 2024
- **Time:** 6:00 PM - 8:00 PM
- **Location:** Community Center Rooms 1 & 2

These workshops are free to attend, and we encourage everyone to participate. RSVP by March 1, 2024, to secure your spot!

For more information, please contact us at [info@communitywellness.org](mailto:info@communitywellness.org).

We look forward to seeing you there!

Sincerely,

The Community Wellness Committee