

You're Invited!

Dear Parents and Caregivers,

We are excited to invite you to our upcoming Health Seminar titled "**Promoting Wellness in Our Children**".

Date: Saturday, April 15, 2023

Time: 10:00 AM - 1:00 PM

Location: Community Center, Room B

This seminar will cover important topics such as nutrition, physical activity, and mental health strategies for children. Join us to learn from experts and connect with other parents.

Please RSVP by April 8, 2023, to ensure your spot. We look forward to seeing you there!

Best regards,

[Your Organization Name]

[Contact Information]