

# You're Invited to Our Mental Health Seminar

Dear [Recipient's Name],

We are pleased to invite you to our upcoming Mental Health Seminar, hosted by [Church Name]. Join us as we explore important topics related to mental health and well-being in our community.

**Date:** [Insert Date]

**Time:** [Insert Time]

**Location:** [Insert Location]

Our guest speaker, [Speaker's Name], will share valuable insights and practical tools to help us nurture our mental wellness.

Refreshments will be provided, and there will be an opportunity for discussion and questions.

Please RSVP by [RSVP Date] to help us with our preparations.

We hope to see you there!

Blessings,

[Your Name]

[Your Position]

[Church Name]

[Contact Information]