

You are Invited!

Dear [Recipient's Name],

We are pleased to invite you to our upcoming Mental Health Workshop titled "[**Workshop Title**]". This workshop aims to promote mental well-being and equip attendees with valuable skills to manage stress and anxiety.

Date: [Date]

Time: [Start Time] - [End Time]

Location: [Venue/Platform]

Facilitator: [Facilitator's Name]

Please confirm your attendance by [RSVP Date] by replying to this email or contacting us at [Contact Information].

We look forward to seeing you there!

Warm regards,

[Your Name]

[Your Position]

[Your Organization]