

# Dear Team,

We are excited to announce a series of preventive care initiatives designed to promote health and wellness among our staff. These initiatives will focus on providing resources, support, and opportunities to enhance your well-being.

## Initiatives Overview:

- Monthly health workshops covering various topics.
- Bi-weekly fitness classes available to all staff.
- Annual health screenings offered on-site.
- Mental health support services and resources.

We encourage everyone to participate in these initiatives and take advantage of the resources available to you. Together, we can create a healthier workplace.

If you have any questions or suggestions, please feel free to reach out to the HR department.

Thank you for your commitment to maintaining a healthy environment.

Sincerely,  
Your Management Team