

Dear [Attendee's Name],

We hope this message finds you well! It has been a few weeks since you completed our Holistic Health Program, and we wanted to reach out to follow up on your experience.

As we strive to improve our programs, we would love to hear your feedback. How have you been applying the skills and knowledge you gained during the program? Have you noticed any changes in your health or overall well-being?

Additionally, we are excited to announce upcoming workshops that build upon the concepts you learned. If you're interested, please reply to this email, and we can provide more details.

Thank you for being a part of our holistic health community. We look forward to hearing from you soon!

Warm regards,

[Your Name]

[Your Position]

[Organization Name]

[Contact Information]