

Dear [Recipient's Name],

We hope this message finds you well. As a valued member of our Menopausal Symptom Support Group, your experiences and insights are incredibly important to us.

We are continually striving to enhance our group activities and ensure they meet the needs of all members. To this end, we kindly request your feedback on our recent activities, including:

- Workshops
- Support sessions
- Guest speaker events

Your thoughts on what you found helpful, what could be improved, and any suggestions for future activities would be greatly appreciated. Please reply to this email or fill out the attached feedback form by [deadline].

Thank you for your participation and support!

Best regards,

[Your Name]

[Your Position]

Menopausal Symptom Support Group

[Contact Information]