

You're Invited!

Dear [Team/Employee Name],

We are excited to invite you to our upcoming Mental Wellness Workshop designed specifically for corporate teams. This workshop aims to enhance mental well-being, reduce stress, and promote a healthy work-life balance.

Date: [Insert Date]

Time: [Insert Time]

Location: [Insert Location]

Join us for an engaging session filled with interactive activities, valuable insights, and tools to foster a positive work environment.

Please RSVP by [Insert RSVP Date] to secure your spot.

We look forward to seeing you there!

Best regards,

[Your Name]

[Your Position]

[Company Name]

[Contact Information]