

# You're Invited!

Dear Creative Professional,

We are excited to invite you to our upcoming **Mental Wellness Workshop** designed specifically for creative individuals like yourself. Join us for an inspiring day focused on enhancing your mental well-being and unlocking your creative potential.

## Workshop Details:

- **Date:** Saturday, March 25, 2023
- **Time:** 10:00 AM - 4:00 PM
- **Location:** Creative Hub, 123 Art Street, New York, NY

## What to Expect:

The workshop will include:

- Interactive sessions with mental health professionals
- Mindfulness and relaxation techniques
- Creative expression activities
- Networking opportunities with fellow creatives

Please RSVP by March 10, 2023, to secure your spot.

Looking forward to seeing you there!

Warm regards,  
The Wellness Team