

You're Invited!

Dear [Recipient's Name],

We are pleased to invite you to a Mental Wellness Workshop tailored specifically for senior citizens. This workshop aims to promote mental well-being, share valuable resources, and provide a supportive community.

Details of the Workshop:

Date: [Insert Date]

Time: [Insert Time]

Location: [Insert Location]

Join us for an engaging session filled with activities, discussions, and refreshments. It's a wonderful opportunity to connect with friends and learn more about maintaining mental health.

Please RSVP by [RSVP Date] to confirm your attendance. You can contact us at [Contact Information].

We look forward to seeing you there!

Best regards,

[Your Name]

[Your Title/Organization]