

# You're Invited to a Mental Wellness Workshop!

Dear Students,

We are excited to invite you to our upcoming Mental Wellness Workshop designed to help you build skills for a balanced and healthy mind.

**Date:** March 15, 2024

**Time:** 2:00 PM - 4:00 PM

**Location:** Room 101, Student Wellness Center

This workshop will provide you with valuable insights and practical tools to manage stress, enhance emotional well-being, and promote self-care.

Please RSVP by March 10, 2024, to ensure your spot.

We look forward to seeing you there!

Best regards,

The Student Wellness Team