

You're Invited to Our Wellness Workshop!

Dear Health Enthusiast,

We are excited to announce our upcoming Wellness Workshop, designed exclusively for individuals who are passionate about health and well-being!

Workshop Details:

- **Date:** Saturday, April 15, 2023
- **Time:** 10:00 AM - 2:00 PM
- **Location:** Community Wellness Center, 123 Wellness Ave, Healthy City

Join us for an informative day filled with activities, expert speakers, and practical tips on enhancing your wellness journey.

Agenda:

1. Morning Yoga Session
2. Nutrition Workshop
3. Mental Wellness Discussion
4. Interactive Q&A Session

RSVP: Please confirm your attendance by April 1, 2023.

We look forward to seeing you there and sharing an inspiring day together!

Best Regards,

The Wellness Team