

Opt-Out Request for Health Newsletters

Date:

Dear [Recipient's Name],

I hope this message finds you well. I am writing to formally request that you remove my email address from your health newsletter mailing list. While I appreciate the information shared, I have decided to discontinue receiving these newsletters.

My details are as follows:

- Name: [Your Full Name]
- Email: [Your Email Address]

Please confirm the cancellation of my subscription at your earliest convenience. Thank you for your assistance.

Sincerely,

[Your Name]

[Your Contact Information]