

Dear Families,

We are excited to announce a series of Health and Wellness Workshops designed specifically for our sports team families. These workshops aim to promote physical and mental well-being for all ages.

Workshop Details:

- **Date:** Every Saturday starting from March 4th, 2023
- **Time:** 10:00 AM - 12:00 PM
- **Location:** Community Sports Complex, Room A

Topics Covered:

- Nutritional Guidance for Athletes
- Stress Management Techniques
- Injury Prevention and Recovery
- Family Fitness Activities

We believe that a healthy family contributes to the success of our team. This workshop is open to all family members, and we encourage you to participate together.

Registration:

Please register by emailing us at info@sportsteam.com or by calling (123) 456-7890.

We look forward to seeing you there!

Best regards,
The Coaching Staff