

# Employee Wellness Program Schedule

Dear Team,

We are excited to announce our upcoming Employee Wellness Program aimed at promoting health and well-being in our workplace. Below is the schedule of activities:

## Wellness Program Schedule

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>
March 1, 2023	10:00 AM - 11:00 AM	Yoga Class	Conference Room A
March 5, 2023	1:00 PM - 2:00 PM	Nutritional Workshop	Conference Room B
March 10, 2023	3:00 PM - 4:00 PM	Meditation Session	Outdoor Patio

We encourage everyone to participate in these activities to enhance your physical and mental well-being. Please RSVP by February 20, 2023.

Best Regards,

Your Wellness Team