

Staff Wellness Event Invitation

Dear Team,

We are excited to announce our upcoming Staff Wellness Event!

Event Details:

- **Date:** March 15, 2024
- **Time:** 10:00 AM - 2:00 PM
- **Location:** Main Conference Room

Activities Include:

- Yoga and Meditation Sessions
- Healthy Cooking Demonstrations
- Wellness Workshops
- Free Health Screenings

Please RSVP by March 1, 2024, to ensure we have enough materials for everyone.

We look forward to seeing you there!

Best Regards,

The Wellness Committee