

# Wellness Activities Schedule and Registration

Dear [Participant's Name],

We are excited to announce our upcoming wellness activities designed to promote health and well-being. Below is the schedule of events:

## Schedule of Activities

- **Yoga Class** - Every Monday at 6:00 PM
- **Meditation Workshop** - Every Wednesday at 5:30 PM
- **Nutrition Seminar** - Saturday, [Date] at 10:00 AM
- **Fitness Bootcamp** - Every Friday at 4:00 PM

## Registration

Please register for the activities you wish to attend by filling out the form below:

Full Name:

Email Address:

Select Activities:

Yoga Class  
Meditation Workshop  
Nutrition Seminar  
Fitness Bootcamp

We look forward to your participation!

Best regards,

[Your Organization Name]