

You're Invited: Mental Health Workshops for Workplace Wellness

Dear [Employee/Team Name],

We are pleased to announce a series of mental health workshops aimed at promoting wellness in our workplace. These workshops are designed to provide you with valuable tools and resources to support your mental health and well-being.

Workshop Details:

- **Topic:** [Workshop Title]
- **Date:** [Date]
- **Time:** [Time]
- **Location:** [Location]
- **Facilitator:** [Facilitator's Name]

Join us to learn about stress management, mindfulness techniques, and resources available to support your mental health. Our goal is to create a healthier, more supportive work environment for everyone.

Please RSVP by [RSVP Date] to [Contact Person/Email Address].

Thank you, and we look forward to seeing you there!

Best regards,
[Your Name]
[Your Job Title]
[Your Company]