

# **Subject: Introducing Our Workplace Wellness Activities**

Dear Team,

We are excited to announce a new initiative focused on promoting wellness and a healthier lifestyle within our workplace. Starting next month, we will be introducing a variety of workplace wellness activities designed to enhance our overall well-being.

## **What You Can Expect:**

- Weekly yoga and meditation sessions
- Monthly health workshops on nutrition and fitness
- Team challenges to promote physical activity
- Access to mental health resources and support

We believe that a healthy workforce is a happy and productive one. We encourage everyone to participate and take advantage of these activities to support your physical and mental health.

If you have any suggestions or ideas for additional wellness activities, please feel free to reach out to the HR department.

Let's work together towards a healthier workplace!

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