

You're Invited to a Health Awareness Seminar!

Dear Community Members,

We are excited to invite you to our upcoming Health Awareness Seminar aimed at promoting wellness in our community.

Date: Saturday, October 21, 2023

Time: 10:00 AM - 2:00 PM

Location: Community Center Hall, 123 Main St, Yourtown

This seminar will cover important topics including:

- Nutrition and Healthy Eating
- Exercise and Physical Activity
- Mental Health Awareness
- Preventive Healthcare

Join us for an informative day filled with presentations, discussions, and Q&A sessions with health experts.

Refreshments will be provided!

Please RSVP by October 14, 2023, to ensure we have enough materials and seating.

We look forward to seeing you there!

Best regards,

The Community Health Committee