

# You're Invited to a Health Awareness Seminar!

Dear Seniors,

We are excited to invite you to a Health Awareness Seminar tailored specifically for seniors. Join us for an informative session where health experts will share valuable insights on maintaining a healthy lifestyle.

**Date:** Saturday, March 25, 2023

**Time:** 10:00 AM - 12:00 PM

**Venue:** Community Center Hall, 123 Main Street

Topics to be covered:

- Nutrition and Diet Tips
- Exercise and Mobility
- Mental Health Awareness
- Managing Chronic Conditions

Refreshments will be provided. Please RSVP by March 15, 2023, to ensure your spot.

We look forward to seeing you there!

Best Regards,  
The Organizing Committee