

# Employee Wellness Check-in

Dear [Employee Name],

I hope this message finds you well. As part of our ongoing commitment to your well-being, we would like to check in with you. Your health and wellness are very important to us, and we want to ensure that you feel supported in your role at [Museum Name].

Please take a moment to reflect on the following questions:

- How have you been feeling both physically and mentally lately?
- Do you have any concerns or challenges you would like to discuss?
- Are there any resources or support you feel would be beneficial at this time?

We encourage you to reply to this email or schedule a time to meet if you prefer to discuss this in person. Your feedback is invaluable in helping us create a supportive work environment for everyone.

Thank you for all your hard work and dedication. We care about your well-being!

Best regards,

[Your Name]

[Your Position]

[Museum Name]

[Contact Information]