

You're Invited!

Dear [Recipient's Name],

We are thrilled to invite you to our **Mental Health Awareness Workshop** aimed at promoting mental well-being in our community.

Date: [Date]

Time: [Start Time] - [End Time]

Location: [Venue Address]

This workshop will cover:

- Understanding Mental Health
- Stress Management Techniques
- Resources for Support

Please RSVP by [RSVP Date] to confirm your attendance.

We look forward to seeing you there!

Best Regards,
[Your Name]
[Your Position]
[Your Organization]