

Registration Confirmation

Dear [Participant's Name],

Thank you for registering for our Stress Management Workshop at [Fitness Center Name]. We are excited to have you join us!

Workshop Details:

Date: [Workshop Date]

Time: [Workshop Time]

Location: [Fitness Center Address]

What to Bring:

- Comfortable clothing
- A yoga mat (optional)
- Water bottle

If you have any questions or need further assistance, please feel free to contact us at [Contact Information].

We look forward to seeing you!

Best regards,

[Your Name]

[Your Position]

[Fitness Center Name]