

Stress Management Workshop

Dear Participants,

We are excited to provide you with the schedule details for our upcoming Stress Management Workshop at the Fitness Center. Below are the specifics:

Workshop Details

- **Date:** Saturday, November 18, 2023
- **Time:** 10:00 AM - 2:00 PM
- **Location:** Main Studio, Fitness Center
- **Facilitator:** Dr. Jane Smith, Licensed Psychologist

Schedule

1. 10:00 AM - 10:30 AM: Introduction and Overview
2. 10:30 AM - 11:15 AM: Understanding Stress
3. 11:15 AM - 12:00 PM: Strategies for Stress Management
4. 12:00 PM - 12:45 PM: Interactive Group Activities
5. 12:45 PM - 1:30 PM: Mindfulness and Relaxation Techniques
6. 1:30 PM - 2:00 PM: Q&A and Closing Remarks

Please arrive 15 minutes early to check in. Participants are encouraged to wear comfortable clothing.

If you have any questions, feel free to contact us at (555) 123-4567 or email us at info@fitnesscenter.com.

We look forward to seeing you there!

Best regards,

The Fitness Center Team