

Lunch Break Fitness Program Details

Dear Team,

We are excited to announce the launch of our new Lunch Break Fitness Program aimed at promoting health and well-being among our staff.

Program Details:

- **Start Date:** Monday, November 6, 2023
- **Time:** 12:00 PM - 1:00 PM
- **Location:** Main Conference Room
- **Activities:** Yoga, Zumba, and Stretching exercises

Please wear comfortable clothing and bring a water bottle. All fitness levels are welcome!

We look forward to seeing you there!

Best regards,

Your Wellness Team