

# Dear [Member's Name],

We hope this message finds you in moments of peace. At [Gym Name], we want you to know that we are here for you during this challenging time.

Life can bring unexpected challenges, and we understand the impact it can have on your well-being. Please remember that your health and happiness are of utmost importance to us.

If there's anything we can do to support you, whether that's adjusting your membership, providing a listening ear, or sharing resources for wellness, do not hesitate to reach out. You are a valued member of our community, and we care about you.

Take all the time you need. We look forward to welcoming you back whenever you feel ready.

With warm regards,

[Your Name]

[Your Title]

[Gym Name]

[Contact Information]