

Welcome to Our Mental Wellness Program

Dear Team,

We are excited to introduce our new Mental Wellness Program aimed at supporting the mental health and well-being of all employees. This program includes a variety of resources and activities designed to promote a healthy work-life balance.

Key Features of the Program:

- Weekly mindfulness sessions
- Access to mental health resources and workshops
- One-on-one counseling services
- Group support sessions

We believe that a healthy mind is essential for a productive workplace, and we encourage everyone to participate actively in this program.

For more information, please feel free to reach out to HR.

Best regards,
[Your Name]
[Your Position]