

# Dear [Employee Name],

We are excited to announce the launch of our new Employee Wellness Program! This program is designed to support your health and well-being through various initiatives and resources.

## Program Overview:

The Employee Wellness Program includes:

- Health workshops and seminars
- Personal wellness coaching
- Fitness challenges and activities
- Access to mental health resources
- Nutritional guidance and meal planning

## How to Participate:

Participation is easy! Simply sign up for the sessions that interest you by visiting our wellness portal at [Insert Link].

## Upcoming Events:

We have some exciting events lined up:

- Yoga Class - [Date & Time]
- Nutrition Seminar - [Date & Time]
- Wellness Fair - [Date & Time]

For any questions, please contact the HR department at [HR Email]. We look forward to your active participation!

## Best regards,

[Your Name]

[Your Position]

[Company Name]