

# Invitation to Participate in Wellness Assessment

Dear [Family Member's Name],

We are excited to invite you to participate in a comprehensive wellness assessment aimed at enhancing our overall family health. The assessment will help us identify areas for improvement and guide us in creating a healthier family environment.

**Date:** [Insert Date]

**Time:** [Insert Time]

**Location:** [Insert Location]

Please RSVP by [RSVP Date] to confirm your participation.

Your health and well-being are important to us, and we look forward to seeing you!

Best Regards,

[Your Name]

[Your Contact Information]