

Invitation to Wellness Assessment

Dear Team Members,

We are excited to invite you to participate in an upcoming wellness assessment designed to help you enhance your performance and overall well-being.

This assessment will take place on **[Date]** at **[Location]**. During the session, you will have the opportunity to evaluate your physical fitness, nutrition habits, and mental wellness.

Please arrive by **[Time]** to check in and prepare for your assessment. Your participation is crucial in promoting a healthy and successful team environment.

Kindly confirm your attendance by **[RSVP Date]**.

Looking forward to seeing you all there!

Best Regards,
[Your Name]
[Your Position]
[Team Name]