

# Wellness Check Invitation

Dear [Employee's Name],

We hope this message finds you well. As part of our commitment to fostering a healthy work environment, we would like to invite you to participate in a wellness check tailored for our remote workers.

Details of the Wellness Check:

- Date: [Insert Date]
- Time: [Insert Time]
- Platform: [Insert Platform/Link]

This session aims to provide support, share resources, and promote a culture of well-being. Your participation is important to us, and we value your insights.

Please RSVP by [Insert RSVP Date] to confirm your attendance.

Thank you, and we look forward to seeing you!

Best regards,

[Your Name]  
[Your Position]  
[Your Company]