

Wellness Check Invitation

Dear [Student's Name],

We hope this message finds you well. As part of our commitment to supporting the mental and emotional well-being of our students, we would like to invite you to a wellness check session.

Date: [Insert Date]

Time: [Insert Time]

Location: [Insert Location] or Zoom link: [Insert Link]

This session is a great opportunity to discuss any concerns you may have and to receive support in a relaxed setting. Your well-being is our priority.

Please RSVP by [Insert RSVP Date] to ensure a spot.

We look forward to seeing you!

Best regards,

[Your Name]

[Your Position]

[School/Organization Name]

[Contact Information]