

# Upcoming Mental Wellness Workshops

Dear Team,

We are excited to announce a series of Mental Wellness Workshops designed to support our collective mental health and well-being. These workshops will provide valuable tools and strategies to help manage stress, build resilience, and promote overall mental wellness.

## Workshop Details:

- **Title:** Stress Management Techniques
- **Date:** November 10, 2023
- **Time:** 2:00 PM - 4:00 PM
- **Location:** Conference Room B
  
- **Title:** Building Resilience
- **Date:** November 17, 2023
- **Time:** 10:00 AM - 12:00 PM
- **Location:** Conference Room A

Please RSVP by November 3, 2023, to ensure your spot. We encourage everyone to participate in these enriching sessions!

Best regards,

[Your Name]

[Your Position]

[Your Organization]