

# You're Invited!

Dear [Recipient's Name],

We are excited to invite you to our upcoming Mental Wellness Workshops. These workshops are designed to promote mental health awareness and provide strategies for maintaining emotional well-being.

## Workshop Details:

- **Date:** [Date]
- **Time:** [Time]
- **Location:** [Location]
- **Facilitator:** [Facilitator's Name]

During these engaging sessions, you will have the opportunity to learn about stress management, mindfulness techniques, and the importance of self-care in daily life.

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

We look forward to seeing you there!

Warm regards,

[Your Name]  
[Your Position]  
[Your Organization]  
[Contact Information]