

Wellness Follow-Up Communication

Dear [Recipient's Name],

I hope this message finds you well. I wanted to take a moment to follow up on our recent conversation regarding your wellness journey.

Please let me know how you have been feeling since our last check-in. Your health and happiness are important, and I am here to support you in any way I can.

If you have updates or if there are any specific areas you'd like to focus on, please feel free to share.

Looking forward to your response.

Best regards,

[Your Name]

[Your Position]

[Your Contact Information]