

Dear [Employee's Name],

We hope this message finds you well. At [Restaurant Name], we believe that our workforce is our greatest asset, and your wellbeing is of utmost importance to us.

In our ongoing effort to support our employees, we are excited to announce several initiatives and resources focused on enhancing your wellbeing:

- **Wellness Workshops:** Join us for monthly workshops focusing on mental health, stress management, and work-life balance.
- **Fitness Challenges:** Participate in our quarterly fitness challenges and earn rewards for your efforts.
- **Employee Assistance Program:** Access confidential counseling services available to all employees, at no cost.
- **Flexible Scheduling:** We are committed to accommodating your needs through flexible scheduling options.

Your feedback is crucial! We encourage you to share any additional suggestions or ideas on how we can further support your wellbeing.

Thank you for being a valued member of the [Restaurant Name] family. Together, we can create a thriving work environment that prioritizes health and happiness.

Sincerely,
[Your Name]
[Your Position]
[Restaurant Name]