

Validation Letter

Date: [Insert Date]

[Your Name]

[Your Position]

[Your Organization]

[Your Organization Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

To Whom It May Concern,

This letter serves to confirm that [Participant's Name], an employee/member of [Your Organization], attended the wellness workshops held on [Insert Dates of Workshops].

The workshops covered various topics aimed at improving physical, mental, and emotional well-being. [Participant's Name] actively participated in all sessions and demonstrated a commitment to enhancing their personal wellness.

If you require any further information, please feel free to contact me at [Your Phone Number] or [Your Email Address].

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]

[Your Position]

[Your Organization]