

**Dear [Client's Name],**

I hope this message finds you well. We noticed that you missed your scheduled appointment on [Date]. We understand that life can get busy, and we want to ensure you're still on track toward your wellness goals.

To help you get back on track, we would like to offer the following wellness tips:

- Stay hydrated: Aim for 8 glasses of water daily.
- Take short breaks: A few minutes every hour can boost your productivity.
- Practice mindfulness: Try meditative techniques to reduce stress.
- Stay active: Incorporate 30 minutes of physical activity into your daily routine.
- Get enough sleep: Aim for 7-9 hours of quality sleep each night.

We would love to reschedule your appointment at a time that is convenient for you. Please let us know your availability, and we'll do our best to accommodate you.

Looking forward to hearing from you soon!

Warm regards,

[Your Name]

[Your Position]

[Your Contact Information]

[Your Business Name]