

Join Our Senior Wellness Workshop!

Dear Community Member,

We are excited to announce our upcoming Senior Wellness Workshop, designed to promote healthy living and active aging.

Workshop Details:

- **Date:** Saturday, April 15, 2023
- **Time:** 10:00 AM - 2:00 PM
- **Location:** Community Center, 123 Main Street

What to Expect:

- Informative sessions on nutrition, exercise, and mental health
- Interactive activities and demonstrations
- Q&A with health professionals

Don't miss this opportunity to enhance your well-being and connect with others in the community!

RSVP by April 10, 2023: Call (555) 123-4567 or email wellness@communitycenter.org

We look forward to seeing you there!

Sincerely,
The Community Wellness Team