

# Notification of Upcoming Senior Wellness Workshop

Dear [Recipient's Name],

We are excited to announce our upcoming Senior Wellness Workshop designed specifically for our valued seniors in the community. This event aims to promote health awareness and provide valuable resources to enhance your well-being.

## Details of the Workshop:

- **Date:** [Insert Date]
- **Time:** [Insert Time]
- **Location:** [Insert Location]
- **Topics Covered:** Nutrition, Exercise, Mental Health, and more!

Light refreshments will be served. Please RSVP by [Insert RSVP Date] to ensure we have ample seating and materials available.

We look forward to seeing you there! For any questions, feel free to contact us at [Insert Contact Information].

Thank you,

[Your Name]

[Your Title]

[Your Organization]