

Senior Wellness Workshop Activities Schedule

Dear Participants,

We are excited to share the schedule for the upcoming Senior Wellness Workshop. Below are the activities planned for the event:

Workshop Schedule

Time	Activity	Facilitator
9:00 AM - 10:00 AM	Gentle Yoga	Jane Doe
10:15 AM - 11:15 AM	Nutrition Talk	John Smith
11:30 AM - 12:30 PM	Arts and Crafts Session	Emily White
12:30 PM - 1:30 PM	Lunch Break	-
1:30 PM - 2:30 PM	Meditation and Mindfulness	Michael Brown
2:45 PM - 3:45 PM	Group Discussion	Sarah Green

We look forward to seeing you all and participating together in these engaging activities!

Best Regards,
The Wellness Workshop Team