

# Update on Senior Wellness Workshop

Dear Participants,

We are excited to provide you with the latest details regarding the upcoming Senior Wellness Workshop. Here are the key updates:

- **Date:** Saturday, March 25, 2023
- **Time:** 9:00 AM - 3:00 PM
- **Location:** Community Center Auditorium, 123 Wellness Blvd, Your City
- **Activities:** Yoga, Nutrition Workshops, Health Screenings, and more!
- **Registration:** Please confirm your attendance by March 15, 2023.

We are looking forward to a day of fun, learning, and wellness. If you have any questions, feel free to reach out.

Warm regards,

**Your Wellness Committee**