

**Dear Employees,**

Sometimes all it takes is the right inspiration to recharge your batteries, clear your mind, and gain fresh motivation for everyday life. With that in mind, we have put together a diverse and engaging program for you.

Under the motto “**Balance Your Life**” [OR INSERT MOTTO], we are delighted to invite you to our **Health Day** on [DATE] from [TIME] to [TIME] at [LOCATION].

You can look forward to delicious healthy snacks, a variety of interactive activities, and practical tips on health, fitness, and well-being. Based on past experience, some activities tend to be especially popular, so we would appreciate a brief indication of which of the following stations interest you most:

- [PROGRAM ITEM 1]
- [PROGRAM ITEM 2]
- [PROGRAM ITEM 3]
- [OPTIONAL ACTIVITY OR SPECIAL HIGHLIGHT]

Take this opportunity to try something new, get active together with your colleagues, and dedicate some time to your own health and well-being.

Registration is [REQUIRED BY / NOT REQUIRED].

[OPTIONAL REGISTRATION INFORMATION]

We look forward to sharing this special day with you and making it a memorable experience together.

**Kind regards,**

[NAME]

[DEPARTMENT / COMPANY]