

Subject: Resources to Support Professional Wellness Month

[Employee],

As we enter the month of June, we want to bring attention to the significance of prioritizing our overall health and wellbeing. Recognizing that our employees' wellbeing directly impacts their productivity and happiness, we are excited to support Professional Wellness Month.

To celebrate this special month, we have curated a selection of classes aimed at fostering holistic health. We genuinely believe that taking care of your physical, mental, financial and emotional wellbeing is vital to leading a fulfilling and productive life. Therefore, we encourage each and every one of you to dedicate some time this month to embark on this transformative journey by participating in these classes.

The playlist covers a wide range of topics and activities that can contribute to your overall wellness. These classes are designed to provide you with practical tools and knowledge that can be applied both inside and outside of work, promoting a healthier and more balanced lifestyle.

Participating in these classes not only allows you to nurture your wellbeing, but it also creates an opportunity for personal growth and development. By investing in yourself, you are making a positive impact on both your professional and personal life.

We encourage you to explore this curated playlist of classes and choose the ones that resonate with you. Please remember that your wellness matters, and we fully support your commitment to self-care.

Let's celebrate Professional Wellness Month together and prioritize our health and wellbeing. Wishing you all a month filled with growth, self-care, and well-being.

[\[PLAYLIST\]](#)

Wishing you all good health!

Sincerely,

[Name of Leader]