

(Email to wellness program participants)

Dear wellness program participant

(company name), through the corporate wellness program is investing in your health and wellness.

The most recent investment, THE COMMIT2SELF 5 QUESTION RECIPE FOR WEIGHT LOSS SUCCESS is currently being distributed through the program.

This is a 13 week interactive program, please set aside time to look at the program and prepare yourself to participate.

Depending on when you start the program, upon completion there is a certificate of completion that needs to be filed with the wellness coordinators office. This allows us to analyze the effectiveness of this investment.

As with any wellness initiative we cannot force you to participate, but, the health and wellness of our personnel is of foremost importance to management and leadership.

Thank you for your participation