

SAMPLE LETTER TO PARTICIPANTS

INVITATION TO PERSONS WHO HAVE INDICATED INTEREST

[DATE]

[NAME]

[ADDRESS]

Dear [NAME]:

Thank you for your interest in the [ORGANIZATION] *Sisters Together: Move More, Eat Better* program. There is no better time than the present to make healthy changes in your lifestyle and the *Sisters Together* program can show you how!

Sisters Together was created to help Black women in our community work together to become more physically active and adopt more healthful eating habits. We host activities designed to help the women in our community adopt healthier lifestyles. Some of our events include wellness walks, walking groups, dance classes, and cooking demonstrations.

Our next event is a [EVENT] at [LOCATION] on [DATE]. Please join us at [TIME] and bring your walking shoes as you begin your journey to moving more and eating better.

If you have any questions, please do not hesitate to contact me at [PHONE NUMBER]. I look forward to seeing you at the [EVENT].

Sincerely,

[CONTACT NAME]

Sisters Together Coordinator