**Subject:** Discover The Heart of Moray: A New Opportunity for Your Health and Wellbeing

Dear [Employee's Name],

I hope you’re doing well.

We’re excited to share some fantastic news with you. [**Moray Leisure Centre**](http://www.morayleisurecentre.com/)**,** in partnership with [**the Digital Health and Care Innovation Centre Scotland**](https://www.dhi-scotland.com/)**,** is launching a new programme called The Heart of Moray. This yearlong programme is designed to support you in improving your health and wellbeing through a combination of dietary education and physical activity.

**What is The Heart of Moray?**

The Heart of Moray is a fully funded programme that runs over 12 months, here’s what the programme includes:

* A welcome group session to introduce you to the programme.
* A one-to-one assessment to tailor the programme to your needs.
* A 12-week weight loss and physical activity programme, with ongoing support and reviews at months 6, 9, and 12. Each weekly session will last 1 hour, with 30 minutes dedicated to weight management education and 30 minutes to physical activity.

**Why You Should Join**

Physical inactivity and poor diet are among the top causes of ill health, which can impact your quality of life and productivity. By participating in The Heart of Moray, you can take a proactive step towards better health, improved energy levels, and a more active lifestyle.

**How to Sign Up**

If you’re interested in taking part in this programme, you can sign up directly on the official website: [**www.heartof.co.uk/moray**](http://www.heartof.co.uk/moray)**.**

This is a great opportunity to invest in your health and wellbeing. We encourage you to join and take the first step towards a healthier, more active life.

If you have any questions or need more information, feel free to reach out.

Best regards,

[Your Name]

[Your Position]