**Email Option 1 – If you are offering this class as part of the diabetes series:**

Thank you for joining us for the *Physical Activity Essentials* virtual class.

Attached is one (1) document that contains the slides for today’s class.

Thank you for your participation in this class. We look forward to working with you again.

**Email Option 2 – If you are offering this class as part of the heart health series or a stand-alone class:**

Thank you for joining us for the *Physical Activity Essentials* virtual class.

Attached is one (1) document that contains the slides for today’s class.

If you have not already done so, please fill out an evaluation so that we can continue to improve our services: <https://www.surveymonkey.com/r/TSDP8RW>

If you have not already registered for the *Preparing for Success* class and you wish to do so, please contact the site where you registered for today’s class OR view a list of upcoming classes here: <https://wrha.mb.ca/groups/preparing-for-success/>

Thank you for your participation in this class. We look forward to working with you again.