[Center Name]
[Address]
[Phone Number]
[Website URL]

[Date]

Dear [Patient Name],

Welcome to [Center Name]. We are honored that you have chosen us to support you on your journey toward wellness and balance. Our mission is to provide holistic care that addresses the mind, body, and spirit.

Your First Appointment

Your initial consultation is scheduled for:
Date: [Date]
Time: [Time]
Practitioner: [Practitioner Name]

What to Expect

During your first visit, we will review your health history, discuss your personal wellness goals, and create a customized healing plan tailored to your needs. Please arrive 15 minutes early to complete any necessary paperwork.

Preparing for Your Visit

- Wear comfortable clothing.
- Bring a list of any current medications or supplements.
- Hydrate well before and after your session.

Cancellation Policy

We value your time and our practitioners' schedules. If you need to reschedule, please provide at least [Number] hours' notice to avoid a cancellation fee.

If you have any questions before your arrival, please do not hesitate to contact us at [Phone Number]. We look forward to meeting you.

In health and harmony,

The Team at [Center Name]