Hey \_\_\_\_\_\_\_\_\_(name),

Check out this Self-Care Challenge that the North Carolina Community Action Association is hosting. I would like to create a group to participate in this self-care activity with me. Are you interested in joining?

This is a 31-day challenge in which we will be provided with a daily email on one of the seven categories of self-care, tips for practicing that day’s self-care topic, and how to improve on self-care methods that we may already be practicing.

I’d love for you to be my accountability partner and join me in some of these activities. You can find additional information on the Self-Care Challenge at https://www.nccaa.net/self-care

Please consider joining my Self-Care Challenge Group! I look forward to hearing back from you soon.

Love/thanks/See you soon,

\_\_\_\_\_\_\_\_\_\_ (Your name)