Health and Wellness Script – Short Form

Pre-net script (run 2 minutes prior)

Two minutes until the LWHC Health and Wellness Net!

The question of the day will be: _____.

This is Name & Call standing by for the net.

───

Opening Script

Good morning! This is Name & Call, and this is the Lake Washington Ham Club Health and Wellness net for Day & Date.

Check out the lakewashingtonhamclub.org website for information about our repeaters, as well as tools for monitoring how long you've been transmitting. Remember the 3-minute timer. If you are a new ham and this is your first contact on the air, please let us know.

Today's optional question of the day is: _____

And of course, please share anything you would like to about what you have been up to lately.

We are ready to start the first round of check-ins, so please come ahead now with your callsign and name.

───

Closing Script

I'd like to thank all ## members of our community who participated in today's net. It was wonderful to hear from you all and hear what you had to share. Be sure to check out the lakewashingtonhamclub.org website for information about this and other nets hosted here. Finally, I'd like to thank the Lake Washington Ham Club for the use of their repeaters.

This net is now closed, at TIME, and the repeaters are returned to normal operations.

73 to all, this is CALL, signing off.