

To Your Health! Associate Wellness Presents
Mindful Meditation with Dr. Camacho

Join us on Zoom for meditation led by Fernando Camacho, MD. Engage in this deep breathing practice to encourage centering one's breath and focus in the present moment.



Streaming LIVE on Zoom – Two Sessions
Session I: Friday, December 11, 12:00pm-1:00pm
Session II: Monday, December 14, 6:00pm-7:00pm

Online via Zoom – Register and Join:
Session I: <https://montefiore.zoom.us/j/96646416352>
Session II: <https://montefiore.zoom.us/j/96380485395>

To Your Health! Associate Wellness programs are open to all associates!