

**To Your Health! Associate Wellness Program and
Montefiore Healing Arts Invites You To:**

5 RHYTHMS

Dance / Movement Class

JANUARY 19, 2016**

FEBRUARY 16, 2016

MARCH 15, 2016

APRIL 19, 2016

MAY 17, 2016

5:15-6:15PM IN THE GRAND HALL!

(JAN 19 WILL BE IN TLC1)**

[Tishman Learning Center at Moses Campus]

(and every third Tuesday of the month, same time, same place)

You do not need to register to attend. For any question please contact:

Tami L. Rivera at tariver@montefiore.org/(718) 920-8434

Dr. Peter Selwyn at pselwyn@montefiore.org/(718) 920-8434



Montefiore

To Your HEALTH!
Montefiore for a Healthy You