

September Associate Wellness Program

Topic: Strategies for Personal Success

Join this month's Associate Wellness program to participate in an informative session on how to stay motivated and achieve your personal and health goals led by Montefiore's Associate Wellness Wellbeing Coordinator and Registered Dietitian Dr. Brenda Boatswain, PhD and Jessica Shapiro, MS, RD, CDN, CDE.

*The first 10 to register and then attend the in-person program get a **FREE** gift!*



Moses Campus & Streaming live on ZOOM

Date: Thursday, September 27th, 2018

Time: 1:15pm-2:00pm

In-person – CHAM 2 Conference Room

Online Zoom - Register at: <http://bit.ly/2KWdQid>

T: 646-558-8656; Meeting ID: 637 905 519

Associate Wellness Programs are open to all associates! Register for the in-person session on Talent Management. Register for Zoom at <http://bit.ly/2KWdQid>

Successful completion and portal registration awards you three raffle tickets in our [Healthy Habits Raffle](#), where we're raffling off \$1,000 prizes each quarter!