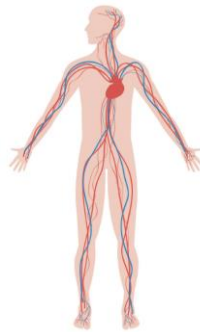


April Associate Wellness Program

Alcohol and Your Health: What You Need to Know

Join us for this month's program to participate in an informative session with Montefiore's Dr. Howard Forman, Department of Psychiatry, and Dr. Brenda Boatswain, Associate Wellness & Wellbeing Coordinator, on alcohol's effects on health and wellbeing.

*The first 10 to register on the portal plus attend the in person workshop get a **FREE** gift!*



Moses Campus & Streaming live on Zoom

Date: Tuesday April 17, 2018

Time: 1:00pm – 2:00pm

In-person: TLC Room 4

Online via Zoom - Register at: <https://goo.gl/7vYFyn>

T: 408-638-0968; Meeting ID: 166 501 980

Wellness Programs are open to all associates! Register to attend in person on the portal at toyourhealth.montefiore.org OR Register for Zoom at <https://goo.gl/7vYFyn>

Successful completion and portal registration awards you three raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1,000 prizes each quarter! Visit www.toyourhealth.montefiore.org to learn more!