

To Your Health! Creative Wellness

Services for Associates

Montefiore's To Your Health! Associate Wellness Program offers free individual creative wellness consultations and departmental workshops with a licensed art therapist.

Creative Wellness is rooted in the theories of art therapy, where participants utilize art materials in order to explore their thoughts, feelings, emotions, and experiences.

Individual Consultations, open to all associates, include a creative approach to:

- Stress management and reduction
- Mindfulness techniques
- Work/life balance

Departmental Workshops include activities such as:

- Mindfulness and Mandalas
- Self Care Collage
- Group Collage
- Empowerment focused art making
- Positive Affirmation Cards
- Create Your Own Coloring Book



Schedule a Creative Wellness Consultation or Departmental Workshop Today!

Days: Monday through Friday

Times: 9:00 AM – 5:00 PM

(exceptions on occasion)

Locations: Currently offering services virtually via Zoom and Skype

For more information or to make an appointment:

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