

## December Associate Wellness Workshop

### Topic: Food Demo

Join Montefiore's Chef Janet as she demonstrates how to cook a healthy holiday dish.  
Free tastings to all who attend in person.

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



**Wakefield Campus & Streaming live on Zoom**

**Date: Wednesday, December 6<sup>th</sup>**

**Time: 12pm -1pm**

**In-person: Wakefield, back of the cafeteria**

**Online via Zoom - Register at: <https://goo.gl/SfG7YG>**

**T: 408-638-0968; Meeting ID: 999-924-640**

Wellness Workshops are open to all associates! Register to attend in person on the portal at [toyourhealth.montefiore.org](https://toyourhealth.montefiore.org) OR Register for Zoom at [https:// goo.gl/JEExcK](https://goo.gl/JEExcK)

\*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!\*