

Relaxation & Renewal

Please Join Us

Heart and Soul: A Relaxation Retreat for Associates

Tuesday, February 9, 2016

Moses Campus, Grand Hall

Stop by any time between Noon-2:00pm

Sweet treats and herbal tea...gentle music overhead...the delicate scent of rose...mandala coloring, arts and crafts.

Experience a moment of relaxation at "Heart and Soul."

Create a special Valentine's Day card for a colleague or loved one, receive a gift of rose petals for aromatherapy, or just sit and unwind with gentle music, a cup of herbal tea and a brownie.

Guests are also invited to visit the "Rose Garden" to learn about the benefits of aromatherapy and create their own special edition rose Flower Pen.

Be sure to visit our tables to sign up for our Relaxation and Renewal workshops and to learn about the many wellness and support resources available for associates.

For more information, contact HealingArts@montefiore.org.

