

March Associate Wellness Workshop

~Wellness Workshop Series: The 7 S's of Wellness ~

Topic: Sleep to Lose Weight

Drop in to this month's Associate Wellness Workshop to participate in an informative session on sleep and wellness led by Montefiore's Steven Park, MD, and Brenda Boatswain, PhD.

March is National Sleep Awareness month!

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



Hutch Campus & Streaming live on ZOOM

Date: Wednesday March 8, 2017

Time: 12pm -1pm

In-person - 1250 Waters Place, 12th Floor Conference Room 12-004

Online Zoom - Register at: <http://goo.gl/OXKwpk>

- T: 408-638-0968; Meeting ID: 893-801-376

Wellness Workshops are open to all associates! Register for the in-person at toyourhealth.montefiore.org. Register for Zoom at <http://goo.gl/OXKwpk>

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!