

~May Associate Wellness Monthly Program~

Topic: Updates in the Area of Sleep Medicine

Led by Montefiore's sleep specialist Dr. Shelby Harris, Psy.D., C.BSM, join us at this month's Associate Wellness program to participate in an informative session to learn about new and cutting-edge research in the area of behavioral sleep medicine, and hear from Dr. Harris about ways to maximize sleep for optimal wellness and productivity.

*The first 10 to register plus attend the in-person program get a **FREE** gift!*



Moses Campus & Streaming live on ZOOM

Date: Tuesday, May 29, 2018

Time: 12:00pm -1:00pm

In-person – CHAM2 Large Conference Room

Online Zoom - Register at: <https://goo.gl/4QQf74>

- T: 408-638-0968; Meeting ID: 592 888 628

Associate Wellness Programs are open to all associates! Register for the in-person session on Talent Management. Register for Zoom at <http://goo.gl/4QQf74>

Successful completion and portal registration awards you three raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off \$1,000 prizes each quarter!