

May Associate Wellness Monthly Program

Topic: Prioritizing Physical Fitness

Cerner Health's David Bromberg, a physical trainer and ACSM-certified exercise physiologist will lead a session about on how to create a balanced exercise routine that works best for you.



Streaming live on Zoom

Date: Thursday, May 16, 2019

Time: 12:00pm-1:00pm

Online via Zoom - Register at: <http://bit.ly/2ZjtIUq>

T: 646-558-8656; Meeting ID: 309 680 993

Associate Wellness programs are open to all associates!

Register for Zoom at <http://bit.ly/2ZjtIUq>.