

May Associate Wellness Workshop

~ For Physical Fitness & Sports Month ~ Equinox Boot Camp Classes & Tai Chi

Drop in to this month's Wellness Workshop to participate in a Boot Camp class. You don't have to have equipment to have a good workout, and the classes are for all fitness levels (wear comfortable clothes & sneakers).

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



Tai Chi

Einstein Cafeteria, 4th Floor (near vending machines)

May 15, 2017

12:00pm – 1:00pm

Register on the portal or just drop in!

CHAM/MOSES Campus

CHAM 2, Conference Room 1

May 22, 2017

5:30pm – 6:15pm

Register on the portal or just drop in!

YONKERS CAMPUS

3 O'Dell Plaza, Conference Room D

May 29, 2017

5:15pm – 6:00pm

Register on the portal or just drop in!

Wellness Workshops are open to all associates! Please note participants will need to sign a waiver on-site. Register to attend in person on the portal at toyourhealth.montefiore.org or email toyourhealth@montefiore.org