

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

February Wellness Workshop

Topic: De-Stress at Your Desk

Drop in to this month's Wellness Workshop to participate in an informative session on (ergonomic) strategies to lessen the stress and strain of sitting at your desk or cooped up in your office led by OHS Clinician and Associate Wellness' Wellbeing Psychologist.



Moses Campus

Date: Wednesday, February 15, 2017

Location: 3514 DeKalb Ave., Large Conference Room

Time: 12:00pm - 1:00pm

Einstein Campus

Date: Friday, February 17, 2017

Location: 1825 Eastchester Road, 1st floor Auditorium

Time: 12:00pm - 1:00pm

Wellness Workshops are open to all associates! Register on the portal in advance or just drop in!

*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!*