

## To Your Health! Associate Wellness Invites You to the 'Bouncing Back!' Health Series

## ~Bouncing Back: Financial Wellness ~

Zoom in to join an informative online panel with Montefiore, Fidelity Investments and Bank of America experts to gain insights about financial wellness, including the impact of finance on wellbeing, retirement, personal banking, and the connections between money and emotions, and money and food.

This panel will feature Montefiore Fidelity retirement planner Andrea Gaetano, a Bank of America representative, and the To Your Health!

Associate Wellness Team's Dr. Brenda Boatswain, Licensed Psychologist, and Jessica Shapiro, Registered Dietitian.

Join & enter a raffle for virtual prizes for each department that attends!







Streaming LIVE on Zoom

Date: Tuesday, November 17, 2020

**Time:** 12:30pm-1:30pm

Online via Zoom - Register and Join at:

https://bit.ly/35jFT7A

T: 646-558-8656; Meeting ID: 933 8159 9231

Password: wellness

To Your Health Associate Wellness Programs are open to all associates!