

November Associate Wellness Workshop

Topic: How Your Thyroid Affects Your Health

Drop in to this month's Wellness Workshop to participate in an informative session on how your body's hormones affects are far reaching, from brains to bowels and everything in between. This month's workshop led by Montefiore's endocrinologist Dr. Vafa Tabatabaie is an engaging look at thyroid hormones and what you need to know about their role in your wellbeing.

November is Diabetes Month!

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



Moses Campus & Streaming live on Zoom

Date: Friday November 3, 2017

Time: 12pm -1pm

In-person: TLC Room 2

Online via Zoom - Register at: <https://goo.gl/JEExcK>

T: 408-638-0968; Meeting ID: 686 164 739

Wellness Workshops are open to all associates! Register to attend in person on the portal at toyourhealth.montefiore.org OR Register for Zoom at <https://goo.gl/JEExcK>

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!