

September Associate Wellness Program

Topic: Mindfulness Meditation via Zoom

Join us on Zoom for meditation led by Fernando Camacho, MD. Engage in this centering deep breathing practice to help with focus and relaxation and learn how these skills can influence your life in a positive way!



Moses Campus & Streaming live on Zoom

Date: Wednesday, September 25, 2019

Time: 12:00pm-1:00pm

In-person – TLC Conference Room 3

Online via Zoom – Register at: <http://bit.ly/2Z741Fo>

T: 646-558-8656; Meeting ID: 865 883 374

Associate Wellness programs are open to all associates!

Register on Zoom at <http://bit.ly/2Z741Fo>.