

September Associate Wellness Workshop

Topic: Work Smarter not Harder - :Using Technology to Get & Stay Well

This month's Associate Wellness Workshop is brought to you by Montefiore's Care Guidance & Associate Wellness Programs. Learn how to use technology to improve your health and wellness, and manage many common illnesses.

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



Tarrytown Campus & Streaming Live on Zoom

Date: Tuesday September 26, 2017

In Person Times: 12pm -1pm and 1pm - 2pm

Location: AGR7 Training Room - Tarrytown Campus

Online via Zoom: 12pm – 1pm (only)

Register at: <https://goo.gl/iuFEgc>

T: 646-558-8656 ; Meeting ID: 282 293 265

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/iuFEgc>

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!