

Montefiore

To Your HEALTH!
Montefiore for a Healthy You

To Your Health! Associate Wellness Program

Topic: Mindfulness Meditation via Zoom

Join us on Zoom for meditation led by Fernando Camacho, MD. Engage in this deep breathing practice to encourage centering one's breath and focus in the present moment!



Moses Campus & Streaming live on Zoom

Date: Wednesday, April 8, 2020

Time: 12:00pm-1:00pm

In-person – TLC Conference Room 3

Online via Zoom – Register at: <http://bit.ly/37ep2SJ>

T: 646-558-8656; Meeting ID: 792 591 241

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

Register on Zoom at <http://bit.ly/37ep2SJ>.