



Creative Wellness Services

with Jamie Shoneman, LCAT, ATR-BC, CASAC

To Your Health! Associate Wellness is pleased to offer one-on-one consultations or team workshops facilitated by our licensed art therapist. Free and open to all Montefiore Einstein associates.

Creative Wellness is rooted in the theory and practice of art therapy in which creative therapeutic processes are used to foster a wide range of goals including relaxation, expressive outlets, stress management, team building and more.

All Creative Wellness programming can be adapted to fit the needs for each individual and/or team and can utilize a wide range of art processes and materials including collage, drawing, poetry writing, meditation, and more. No previous art experience is required!

For more information or to request services contact Jamie Shoneman at: jshoneman@montefiore.org or 646-864-7675



Montefiore

To Your Health!

Montefiore for a Healthy You

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