

**Montefiore**

**To Your HEALTH!**  
Montefiore for a Healthy You

**To Your Health! Associate Wellness and the  
Department of Cardiology Present**

***~Heart & Mind: Healthier Together~***

In celebration of American Heart Month, all associates are invited to participate in this Heart Month relaxation event, where associates can explore the five senses through calming activities such as a tea creation station, food tasting, creative project, and chair massage. Walk through heart healthy stations while participating in interactive tables for giveaways.



**Moses Campus – Grand Hall**

**Date: Tuesday, December 3, 2020**

**Time: 10:30am-1:30pm**