

January Associate Wellness Monthly Program

Topic: Eating for Energy

Join Montefiore's Associate Wellness Nutrition Manager Jessica Shapiro, MS, RD, CDN, CDE and Eleticia Garcia, dietetic intern, for an informative discussion about eating strategically to keep energy high all day.

*The first 10 to register plus attend the in-person program get a **FREE** gift!*



Yonkers Campus & Streaming live on ZOOM

Date: Wednesday, January 23, 2019

Time: 1:00pm -2:00pm

In-person – 3 Odell Plaza, Conference Room 1D

Online Zoom – Register at: <http://bit.ly/2LduSu2>

T: 646-558-8656; Meeting ID: 804-753-425

Associate Wellness Programs are open to all associates! Register for the in-person session on Talent Management. Register for Zoom at <http://bit.ly/2LduSu2>