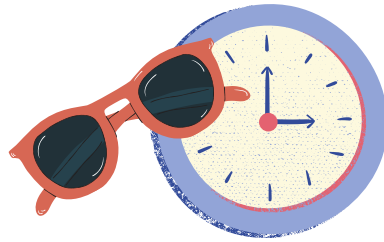


Maintain Your Vacation Bliss - All Summer Long

Bolstering Your Wellbeing Toolkit

TO YOUR HEALTH! ASSOCIATE WELLNESS INVITES YOU TO OUR AUGUST PROGRAM



Ever feel your vacation bliss quickly slip away when you return to work?

This workshop is intended to spark pre-during-and post vacation tips to maintain *vacation bliss*.

That means we'll be providing recipes for food and drink to keep that vacation feeling going, as well as raffle for prizes!

Join Montefiore's Wellbeing Manager Dr. Brenda Boatswain and Registered Dietitian Mary Lou Pompeii for a summer workshop you don't want to miss.

REGISTER NOW AND SAVE THE DATE!
STREAMING LIVE VIA ZOOM

Wednesday, August 24, 2022

12:00PM – 1:00 PM

Register at:

<https://bit.ly/TYH-AugustProgram>

Wellness programs are open to **ALL** Montefiore-Einstein associates.
Join us & spread the word!

Montefiore



Montefiore
To Your Health!
Montefiore for a Healthy You