

MARCH EVENTS

Mon	Tues	Wed	Thur	Fri
	1	2	3	4
7	8	9	10 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	11
14	15 Carebridge EAP Program: Mindful Eating Zoom 12:00pm – 1:00pm Caring Circles Einstein, Weiler Auditorium 11:30am – 12:30pm 2:00pm – 3:00pm Caring Circles Zoom, All Campuses 9:00pm – 10:00pm	16	17 To Your Health! Fitness Program: Daily Stretching and Workplace Ergonomics with Cerner Wellness Teams 1:00pm – 2:00pm Caregiver Support Center Visits Wakefield 9:00am – 1:00pm Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	18 To Your Health! Mindfulness Meditation with Dr. Camacho Zoom 12:00pm – 1:00pm
21 Caregiver Support Center Visits Moses 9:00am – 1:00pm	22 Caring Circles Moses, Cherkasky Auditorium 12:30pm – 1:30pm Caring Circles Zoom, All Campuses 9:00pm – 10:00pm	23 Fidelity Program: Creating a Budget You'll Actually Use Zoom 12:00pm – 1:00pm	24 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	25
28	29 Caregiver Support Center Visits Einstein 9:00am – 1:00pm	30 To Your Health! Nutrition Program: Test Your Nutrition Knowledge During National Nutrition Month® Zoom 12:00pm – 1:00pm	31 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	