

## November Associate Wellness Program

### Topic: Mindfulness Meditation via Zoom

Join us on Zoom for a Wellness Program led by Fernando Camacho, MD. Learn meditation skills to help you become a happier person with discussion on meditation techniques and how these valuable skills can influence your life and those around you in a positive way!



### **Moses Campus & Streaming live on ZOOM**

Date: Wednesday, November 28, 2018

Time: 12:00pm-1:00pm

In-person – TLC 3 Conference Room

Online via Zoom – Register at: <http://bit.ly/2yFU4Dy>

T: 646-558-8656; Meeting ID: 711-228-739

Associate Wellness programs are open to all associates! Register for the in- person session by calling (718) 405-1700 or emailing [fcamacho@montefiore.org](mailto:fcamacho@montefiore.org). Register on Zoom at <http://bit.ly/2yFU4Dy>.