



Supportive Wellness Services

with Brenda Boatswain, Ph.D., CGP, SHRM-CP

Our Associate Wellness Wellbeing Manager can help with your self-care goals including, but not limited to, stress management, overcoming worry, coping skills, lifestyle changes & health behavior goals.

Open to all Montefiore Einstein associates.

Short-Term Individual Consultations
are 45 minutes and include:

- Stress assesment, self-care plan, and referral
- Health coaching to assist in creating healthy behaviors

Unit Based Resiliency Programs are
30 minutes and include:

- Unit and department based wellness education and services
- Customized to your needs

For more information or to make an appointment contact Dr. Brenda Boatswain:
bboatswa@montefiore.com or 914-354-5615



Montefiore
To Your Health!
Montefiore for a Healthy You

Montefiore Einstein