

# Montefiore Einstein



## To Your Health! April Wellness Newsletter

Welcome to the April edition of the To Your Health! Associate Wellness Newsletter. Explore the many ways Montefiore Einstein actively places associate wellbeing at the forefront, fostering a workplace culture that deeply values and supports the holistic health of our diverse and dedicated workforce.

**For the month of April, Associate Wellness recognizes  
National Stress Awareness Month,  
National Poetry Month, and Earth Day.**

### April Events:

#### **Associate Wellness: Mindful Mondays**

Take a moment to recharge with these 15-minute mindfulness meditations.

**Mondays, April 1, 15, 22**  
10:00 – 10:15am

[MORE INFO & REGISTRATION HERE](#)

#### **Carebridge: Grief & Loss Check-in**

Participate in this monthly support group to learn more about the common reactions and healthy ways to cope with your loss.

**Tuesday, April 2**  
3:00 – 3:30pm

[MORE INFO & REGISTRATION HERE](#)

**Associate Wellness: You're a Poet!**

Join us for a creative workshop exploring poetry writing in honor of National Poetry Month.

**Wednesday, April 3**

3:00 – 4:00pm

[MORE INFO & REGISTRATION HERE](#)

**Fidelity: Get to Know Your New Employer's Retirement Plan**

Learn how your retirement plan works and make the most of this important benefit. Choose Virtual for event type.

**Thursday, April 4**

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

**Associate Wellness: Stress in the Workplace – Challenge & Resilience Opportunities**

Explore the latest trends in addressing workplace stress and learn strategies for sustainable wellbeing.

**Monday, April 8**

12:30 – 1:30pm

[MORE INFO & REGISTRATION HERE](#)

**Carebridge: Preventing Burnout Check-in**

Learn the signs and symptoms of burnout, how it can impact your work and life, and how to cope with it.

**Thursday, April 11**

1:00 – 1:30pm

[MORE INFO & REGISTRATION HERE](#)

**Associate Wellness: Intermittent Fasting – What's all the Hype?** Look at intermittent fasting to improve gut health and allow for weight loss.

**Monday, April 15**

12:30 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

**Carebridge: Caregiver Support Check-in**

Join this support group to learn the steps every caregiver can take to preserve their own health and wellbeing.

**Tuesday, April 16**

3:00 – 3:30pm

[MORE INFO & REGISTRATION HERE](#)

**Fidelity: Create a Budget and Build Emergency Savings**

Learn to set up two of the most important building blocks of finances – budget and emergency savings.

**Wednesday, April 17**

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

**Carebridge: Sober Curious? Tips for Reducing or Abstaining From Alcohol**

Learn the top tips for proactively reducing your alcohol use while making other positive behavioral changes in your life.

**Thursday, April 18**

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

**Associate Wellness: Meditation with Dr. Camacho – Cultivating Awe in the Beauty of Nature**

Learn meditation skills and explore how to deeply connect with nature.

**Thursday, April 18**

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

**Carebridge: Coping with Stress Check-in**

Learn about the different types of stress, its causes, common symptoms, and ways to cope.

**Wednesday, April 24**

12:00 – 12:30pm

[MORE INFO & REGISTRATION HERE](#)

**Associate Wellness: Photography & Wellness – Pleased to Meet You**

Join our photography group! Please see the flyer for our monthly theme and assignment.

**Thursday, April 25**

12:00 – 1:00pm

[MORE INFO & REGISTRATION HERE](#)

## Are you feeling stressed or overwhelmed?

You are not alone.  
During these challenging times, Montefiore understands  
associates may have an increased need for  
mental health and wellbeing resources.



[Click here to find a list of  
available mental health  
resources for Montefiore  
Einstein Associates](#)

Dreaming of Warmer Days?  
In honor of Earth Day on April 22nd . . .



**Check out these resources to help you get ready for spring and tap into the restorative benefits of nature!**

**Get involved in a community garden near you:**

- [NYC Community Gardens by Borough](#)
- [Surrounding Areas](#)

**Have limited space to grow?** [Here](#) and [Here](#) are some helpful tips for starting your own apartment garden.

**Tips on connecting with nature** to improve your mental and physical health [can be found here](#).

**Take a hike!** Trails for [NYC](#) and the [surrounding areas](#).

**Volunteer** with the [Bronx River Alliance](#) to help restore our water and land.

**Just getting started?**

- [Bronx Greenup](#) is the community gardening outreach program of The New York Botanical Gardens, which provides free education, events, and resources for growing.
- [The Greenhouse and Education Center](#) offers an array of free seasonal classes and workshops.

**Want to learn more about the science supporting the health benefits of nature?**

[Click here to learn more from the American Psychological Association.](#)

## TO YOUR HEALTH! ASSOCIATE WELLNESS

Montefiore Einstein's To Your Health! Associate Wellness initiative aims to promote a worksite culture that supports the physical and mental wellbeing of our associates and encourages them to make healthy lifestyle choices.

The offerings available to Montefiore Einstein associates include:

**Nutrition Support**, including confidential, 1:1 nutrition-focused counseling, biometric wellness check-ins, nutrition workshops, discounted Weight Watchers memberships, and diabetes prevention and management programs.

**Supportive Wellness**, including confidential appointments with a licensed psychologist for stress management consultations, coaching for health behavior goals, and experiential group programming.

**Creative Wellness**, including confidential individual consultations and workshops with a licensed art therapist to foster expressive outlets, coping skills and strength building.

**[LEARN MORE ABOUT TO YOUR HEALTH! ASSOCIATE WELLNESS](#)**