



## MARCH – APRIL 2021 NEWSLETTER

Spring is approaching! As the weather warms, plants bloom, and many focus on “Spring Cleaning” and fresh starts, To Your Health! is here to support associates reach their personal and wellness goals.

### WHAT'S NEW

#### [Tips & News](#)

[Mindful Eating and Mandalas, March 18<sup>th</sup>, 12:00pm-1:00pm](#)

[Zoom Mindful Meditation with Dr. Camacho, April 9<sup>th</sup>, 12:00pm-1:00pm](#)

Associate Wellness will lead [Mindful Eating and Mandalas](#) on March 18<sup>th</sup> in celebration of National Nutrition Month and National Creative Arts Therapy Week. Join us for an interactive experience and discussion with experts on nutrition, mindful eating, and its connection to wellbeing.

Also, join [Mindful Meditation](#) on April 9<sup>th</sup> with Dr. Fernando Camacho!

In this newsletter, we spotlight two departments that have led the charge as examples of being #MonteStrong. [Click here](#) to read more.

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## WELLNESS SPOTLIGHT – RECOGNIZING ENVIRONMENTAL SERVICES AND SECURITY



This year, the To Your Health! Associate Wellness team will be connecting with departments on the frontlines and recognizing their efforts with treats, resources, and giveaways. In honor of February's Heart Month and March's National Nutrition Month, we are recognizing the departments of Environmental Services and Security for their tireless work and dedication.

This past February, the theme for Montefiore's Heart Month was "Heart Strong". In this context, the word Heart is quite vague, and could be defined as the physical organ, or the psychological center of the mind-thoughts, feelings, and emotions. Associates all across Montefiore have shown amazing heart during the past year!

This March, the theme for National Nutrition Month is "Personalize Your Plate", which recognizes that there is no one-size-fits all approach to health and wellness. We are all unique individuals with different bodies, goals, and tastes, which is why To Your Health! Associate Wellness has many different resources for Montefiore associates.

If you know of a team that deserves recognition please let us know. But don't just wait for us! All associates can connect with us directly for workshops, free nutrition counseling from a registered dietitian and emotional support from a licensed psychologist or art therapist. Email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org) to set up an appointment.

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## TIPS & NEWS

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### **National Nutrition Month**

Check out the [Academy of Nutrition and Dietetics 20 Tips for 2021](#) to read about healthy eating tips.

### **April is Mental Health Awareness Month**

Emotional wellbeing is a key underlying factor to overall health. [Click here](#) to learn more about what you can do to develop good emotional and mental health by using some of these strategies.

Montefiore offers FREE stress management via solution-focused short-term coaching as well as resource referrals (virtual available) to associates! [Click here](#) to make an individual confidential appointment, or to schedule an in-unit resiliency program for your department.