

## April Associate Wellness Program

### Topic: Mindfulness Meditation via Zoom

Join us on Zoom for a Wellness Program led by Fernando Camacho, MD. Learn deep breathing 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, April 17, 2019

Time: 12:00pm-1:00pm

In-person – TLC Conference Room 3

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

T: 646-558-8656; Meeting ID: 730 086 986

Associate Wellness programs are open to all associates!

Register on Zoom at <http://bit.ly/2VlcNlv>.