

Montefiore

To Your HEALTH!
Montefiore for a Healthy You

July Associate Wellness Monthly Program

Topic: It's Not Selfish, It's Self Care

Join the July Associate Wellness program where a Carebridge Employee Assistance Program specialist will lead a webinar on strategies to build up one's self-care reserve and how to say "no" without guilt.



Streaming Live on GoToWebinar

Date: Tuesday, July 16

Time: 1:00pm-2:00pm

Register for the webinar here:

<http://bit.ly/2ROMKPb>

Associate Wellness programs are open to all associates!

Register at <http://bit.ly/2ROMKPb>.