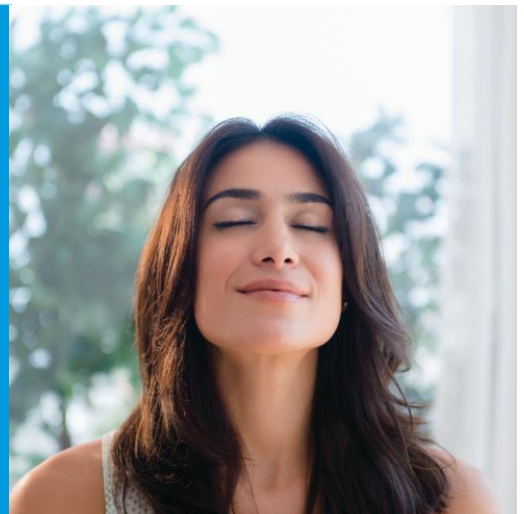


Please Note Updated Schedule

# Meditation comes to Phelps Hospital.

We are pleased to announce the launch of guided meditation sessions for employees and the community.



Meditation can remove stress and replace it with a dose of inner peace. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress, and promote the peace of the present moment. Employees can attend free, biweekly meditation sessions to practice mindfulness and learn how meditation can benefit your overall health and well-being. **Sessions take place on the second and fourth Wednesdays of each month.**

*Join us for all or any part of a session.*

April 10	11:00am-12:00pm	
April 24	5:00pm-6:00pm	
May 8	11:00am-12:00pm	
May 22	5:00pm-6:00pm	
June 12	11:00am-12:00pm	
June 26	5:00pm-6:00pm	
July 10	11:00am-12:00pm	*in the James House
July 24	5:00pm-6:00pm	
August 14	11:00am-12:00pm	
August 28	5:00pm-6:00pm	
September 11	11:00am-12:00pm	
September 25	5:00pm-6:00pm	
October 23	5:00pm-6:00pm	
November 13	11:00am-12:00pm	
November 27	5:00pm-6:00pm	
December 11	11:00am-12:00pm	

## Important information

- Meditation sessions will be held in the Family Medicine Residency Conference Room, located on the 4th floor of the 755 building, unless otherwise noted.
- The facilitator will vary from session to session.
- On July 10, the session will be held in the James House, located on the Phelps campus.
- In observance of Yom Kippur, there will not be a session on October 9.
- In observance of Christmas Day, there will not be a session on December 25.

---

For more information, please contact Ellen Woods at **(914) 366-3937** or **[Vitality@northwell.edu](mailto:Vitality@northwell.edu)**.

---

## Phelps Hospital Northwell Health

701 N Broadway  
Sleepy Hollow, NY 10591



**Phelps Hospital**  
Northwell Health®