

EMPLOYEE WELLNESS



Feeling stressed?

While stress remains an unavoidable reality of life, there are ways we can learn to control it more effectively.

Join Shari Bernstein-Meyer LCSW, CEAP Northwell EAP Consultant as she helps us to identify, reduce, cope and better manage stress.

Date: Tuesday, September 17, 2019
Time: Noon-1pm
Location: Occupational Health and Wellness Office
*A light lunch will be provided

Reservations are required, space is limited. Email Nancy Lennon, Wellness Manager at: nlennon2@northwell.edu.