

Wellness at Work celebrates National Heart Health Month



Back by popular demand, Employee Yoga classes
Tuesdays, 2/4, 2/11, **no class 2/18**, 2/25 and 3/3, 5:00pm-6:00pm
Occupational Health and Wellness Office
Please bring a yoga mat to class and wear comfortable clothes



Heart Health

Friday 2/7, Riverview Café, 11:30am-1:30pm

Information table, blood pressure screenings, red dress pins and watch bands for purchase with proceeds donated to the American Heart Association.



Lunch and Learn

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 identify, reduce, cope and better manage stress.

Tuesday February 18, noon-1:00pm
Occupational Health and Wellness Office

Reservations to Nancy Lennon at nlennon2@northwell are necessary for Yoga classes and managing Stress Lunch and Learn, space is limited.