



Mindful Mondays
&
Wellness Wednesdays

A new, exciting addition to the Wellness at NEOMED program is here!

Mindful Mondays - second Monday of the month, around the lunch hour
Wellness Wednesdays - third Wednesday of every month, around the lunch hour

These programs will heavily emphasize relaxation massages, ergonomic assessments, live demos and educational sessions and provide a great opportunity for faculty & staff to learn about and actively participate in programming focused on all aspects of wellness.

Sessions will be held in the group setting or may be offered as a one-on-one appointment with a wellness professional. All activities will be held on campus and you can livestream the group sessions from your own workspace! Sessions will be recorded and posted on the portal, so you can access Mindful Mondays or Wellness Wednesdays programming at a later time.

For a full schedule of programs, visit the Wellness Portal at:
www.neomedwellnessfs.com

To livestream sessions, please go to: <http://www.ustream.tv/channel/9z5Xjr7vqYD>

For questions, contact Keith Haws at khaws@sequoia-wellness.com.