


EMPLOYEE

WELLNESS

CENTER



STARTING
MONDAY
10/16/23



MINDFUL MOMENTS

Guided Meditation Sessions



Reduce Stress



Boost Well-Being



Enhance Focus

Days: Monday -Friday

Time: 4:30PM, 6:30PM

Duration: 5 to 20+ minutes

Location: Employee Wellness Center

Open to all JFKMC staff

Meditation-On-Demand also available

THE EMPLOYEE WELLNESS CENTER

561-548-3610 180 JFK Dr. Suite #350