

Virtual wellness opportunities.

During these challenging times, self-care is more important than ever. Associates are encouraged to participate in these virtual activities to relieve stress and remain at their best to care for our patients.

Kerry Martinez leads the following recurring weekly virtual wellness sessions, available to associates systemwide:

Meditation

Every Monday

12 to 12:30 p.m.
(through June 2022)

Click the link below to join:
[Monday meditation link](#)



Chair yoga

Every Tuesday

12:15 to 1:15 p.m.
(through June 2022)

Click the link below to join:
[Chair yoga link](#)



Dr. Arnold Raizon leads the following virtual wellness sessions, available to all associates:

Morning meditation

+ check in
8 to 8:15 a.m. **(daily)**

Click the link below to join:
[Morning meditation link](#)



Gratitude journaling

+ check out
9 to 9:15 p.m. **(daily)**

Click the link below to join:
[Gratitude journaling link](#)



Wellness book club

To join, email:
arnold.raizon@medstar.net



Daily dose of wellness email

To join, email:
arnhil@verizon.net



Zoom! Gentle yoga and meditation



for Frontline Workers
with Kristin Cook
**Wednesdays from 7:45 to
8:15 p.m. on Zoom**

Equipment needed: a yoga mat and either a blanket or thick bath towel

Class description: In this class, we will move through gentle yoga postures, incorporating pranayama (breathwork) and meditation, with the goal of relieving tension in the body, decluttering the mind, and nourishing the spirit. Many options and variations of postures will be provided to accommodate varying needs and abilities.

Zoom link and password: <https://us02web.zoom.us/j/87217960133?pwd=b1JIWFZLeFFYUjFTSE5ndk5qY2ZIUT09>

Meeting ID: **872 1796 0133** Passcode: **yoga**

For additional associate support & resources,
visit medstarhealth.org/wellbeing.



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