

# 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 2021)

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



## Chair yoga

**Every Tuesday**

12:15 to 1 p.m.  
(through June 2021)

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](mailto:arnold.raizon@medstar.net)



## Daily dose of wellness email

To join, email:  
[arnhil@verizon.net](mailto:arnhil@verizon.net)



## Zoom! Gentle yoga and meditation



for Frontline Workers  
with Kristin Cook  
**Thursdays from 6:30 to  
7:30 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/84538598087?pwd=TIZiNGZlKzFyRElyUCtybnpLSHRhZz09>

Meeting ID: **845 3859 8087** Passcode: **zen**

For additional associate support & resources,  
visit [medstarhealth.org/wellbeing](https://medstarhealth.org/wellbeing).



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