



Associate Wellness invites Tarrytown Associates to...

Plant-Care Meets Self-Care: Therapeutic Horticulture at Tarrytown

with Lauren Byma, MMT, MT-BC, RYT 200

Thursday, June 6, 2024

12:00 PM – 1:00 PM, Tarrytown Cafeteria Patio

Stop by to pot up an herb plant for your home or office, while reaping the benefits of connecting with nature! Information including nature education and local resources will also be available. *Green thumb not required!*

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To Your Health!
Montefiore for a Healthy You

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