



Associate Wellness invites Yonkers Associates to...

# Plant-Care Meets Self-Care: Therapeutic Horticulture at Yonkers

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

**Monday, June 10, 2024**

12:00 PM – 1:00 PM

Picnic tables behind 3 Executive Blvd, Yonkers

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!*

**Montefiore**

To Your Health!

Montefiore for a Healthy You

**Montefiore Einstein**