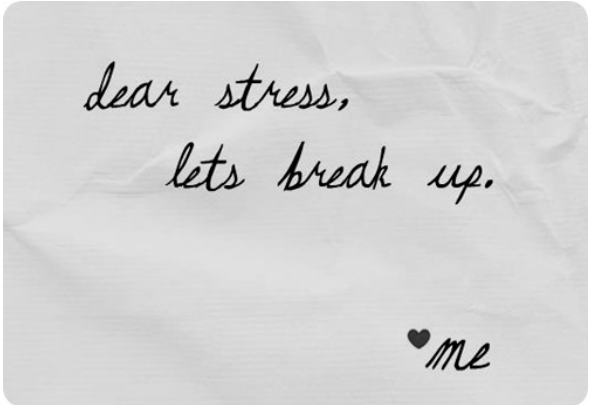


# EMPLOYEE DE-STRESS DAY

**THURSDAY, MAY 17, 2018**  
**OCEANFIRST BANK CENTER**  
**THIRD FLOOR 10AM—2PM**



GUIDED GROUP  
REIKI  
Abhaya Cordova  
10AM—11AM  
Must Sign Up

EAT HEALTHY WHEN  
THERE'S NO TIME  
Bridge-Wellness  
11AM—12PM  
Must Sign Up

MEDITATION FOR  
BEGINNERS  
EAP: Dr. Foley  
12PM—1PM  
Must Sign Up

YOGA  
MU Fitness  
1PM—1:45PM  
Must Sign Up

MINI FACIALS  
Senseabilities Wellness  
Center & Day Spa  
10AM—2PM  
Must Sign Up

CHAIR MASSAGE  
Marron Wellness  
10AM—2PM

HAPPY HEALTHY HABITS  
Gourmet Dining  
10AM—2PM

EAP / LIFECARE  
Barnabas Health  
10AM—2PM

VITAMIN SHOPPE  
Health & Wellness  
10AM—2PM

BOWLING CENTER  
Karen Grygiel  
10AM—2PM

CAREGIVER SUPPORT  
Christa Hogan / HR  
10AM—2PM

THE HEALTHY PALATE  
Jennifer Asfar  
10AM—2PM

PUPPY PLAY  
2nd Floor Eyas Lounge  
TBD

BLOOD PRESSURE  
Barnabas Health  
10AM—2PM

BONE DENSITY  
Barnabas Health  
10AM—2PM

BMI / WEIGHT  
MANAGEMENT  
Barnabas Health  
10AM—2PM

CHOLESTEROL  
Barnabas Health  
10AM—2PM



**PLEASE CALL HUMAN RESOURCES**  
**TO SIGN UP FOR WORKSHOPS X7594**