

# N.E.W. You!



**1<sup>st</sup> and 3<sup>rd</sup>  
Tuesday**

**11:30-1:00 p.m.**

**Join our Virtual N.E.W. You! Program. We offer support for your overall wellbeing through Nutrition, Exercise, and Wellness. Using Zoom, participants will meet individually with Nutrition, Exercise, and Wellness specialists for 1 -60 minute initial session and 1- 30 minute follow-up session. Topics of discussion will be: fatigue, sleep disturbances, and stress management.**

For more information or to  
RSVP, call 561-955-5406



**Boca Raton Regional Hospital**

**BAPTIST HEALTH SOUTH FLORIDA**