



**Mount  
Sinai**

## MOUNT SINAI CALM ON-THE-GO

**FREE PROGRAMS ONLINE & ON THE PHONE**

### **YOGA ON DEMAND**

ENJOY FREE YOGA CLASSES

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EMAIL: [Mountsinai@newyorkyoga.com](mailto:Mountsinai@newyorkyoga.com)

PASSWORD: yogayoga123

### **MINDFULNESS ON-THE-GO**

A 2-MINUTE GUIDED MEDITATION BY A MOUNT SINAI CALM MINDFULNESS FACILITATOR

DIAL 4CALM or 212-241-CALM

### **MUSIC TO RELAX AND MEDITATE**

A 2-MINUTE MUSICAL RECORDING TO HELP REDUCE STRESS AND PROMOTE RELAXATION

DIAL 212-844-CALM

### **MOUNT SINAI CALM FACEBOOK GROUP**

FOR MORE WAYS TO INCORPORATE SELF-CARE INTO YOUR DAILY ROUTINE

PLEASE JOIN OUR FACEBOOK GROUP AT

<https://www.facebook.com/groups/MountSinaiCalm/>

### **MOUNT SINAI CAREGIVER FACEBOOK GROUP**

FOR A SAFE SPACE TO OBTAIN SUPPORT, EDUCATION, AND ADDITIONAL RESOURCES AS IT RELATES TO BEING A WORKING CAREGIVER, PLEASE JOIN OUR FACEBOOK GROUP AT:

<https://www.facebook.com/groups/MountSinaiCaregivers/>