

Families Cook Around the World



Please join us for a cooking demonstration and wellness event highlighting outdoor dining!

Jane Maksoud, RN, MPA

Senior Vice President and Chief Human Resources Officer
Mount Sinai Health System

Jim Tsai, MD, MBA

President
New York Eye and Ear Infirmary of Mount Sinai (NYEE)

Copies of our 2018 cookbook and free samples of prepared recipes will be available for attendees

Tuesday, July 30, 2019

12 pm - 12:30 pm

The Sight & Sounds Café
NYEE North Building Basement
310 East 14th Street

For information about Epicured, a healthy meal delivery service, please visit <http://epicured.com/mountsinai>

To discover more wellness services, please visit www.mountsinai.org/mswellness

There's still time! Join a
Reach Your Peak team today at
www.RYP-wellness.appspot.com



RSVP to wellness@mountsinai.org

Watch us live at <https://www.facebook.com/mountsinainyc>