



Life@ Montefiore
Human Resources



Be **SUPPORTED**
on your journey
to feeling your best

Weight Management Peer Support Group

with **Monica Kelly, MS, RD, CDN, CNSC**
Employee Health & Well-being Manager and Registered Dietitian

Making healthy changes is easier with support. Join our Weight Management Peer Support Group, led by a HealthyME Registered Dietitian, and connect with others as you build habits that support your personal path to a healthy weight.

To Learn More or Sign Up

Scan the QR code to visit our [online sign-up form](#) and you will be contacted by our Registered Dietitian with next steps. Or email WellnessRD@Montefiore.org.



Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit HealthyMEBenefits.com.

Montefiore Einstein