


FIND THE TIME AND WE WILL CHANGE YOUR LIFE

The Wellness Program at NYMA



Our goal as a wellness team is to empower and inspire you to achieve balance and health in mind, body, and spirit. Rooted in an understanding of mindfulness, we will present you with the very best that Western and Holistic medicine have to offer. Our innovative program will provide you with the tools and energy you need to optimize your health and maximize your sense of well-being.

Dennis Goodman MD FACC
Director of NYMA Integrative
Medicine and Wellness Program

Your Schedule

The Wellness Program at NYMA
 Contact: Saira Misra, NYMA Wellness Coordinator
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	APRIL 3	4	5 6-8PM: Introduction to Program: Lecture and Discussion on Stress and its Effects on Heart Led by Dr. Goodman and Dr. Lipton	6	7	8	9
WEEK 2	10	11	12 6-8PM: Strength and Flow: Integrating strength training with mindful breath and movement	13	14	15	16
WEEK 3	17	18	19 6-8PM: Nutrition: Understanding the fundamentals of holistic nutrition and healthy eating	20	21	22	23
WEEK 4	24	25	26 6-8PM: Personal Vitality: Body, Mind and Spirit	27	28	29	30
WEEK 5	MAY 1	2	3 6-8PM: Stress Management From A Vedanta Perspective	4	5	6	7
WEEK 6	8	9	10 6-8PM: interactive Vitality: Sexual Health and Program Next Steps	11	12	13	15

CONTACT INFORMATION

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