

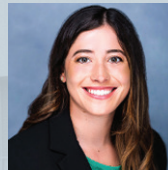


DOWNSTATE
HEALTH SCIENCES UNIVERSITY

WELLNESS TASKFORCE



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IM



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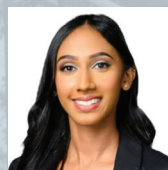
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Calling All Residents and Fellows

The Resident Wellness TaskForce needs to hear your ideas on how to improve Resident Life at Downstate.

Last year the Resident TaskForce showcased a video and surveyed over 300 residents, asking what your wants and needs were.

You asked for more on-unit coffee hours, help with work life balance and quick ways to relax and socialize with one another.

We gave you a Valentines Day Taco Breakfast, Ice Cream at the VA and the Grove, Grab and Go Samosas and an On-Unit Meditation and Breathing Workshop.

It was a good start. Now we are trying to Build Community endeavoring to create an Environment of Wellness and Kindness.

Reach out and Talk to Us
Join Our Events and Bring your Ideas