



Tranquility Services

Talk – Connect – Strengthen

Come join us at Tranquility Services, to bring peace and calm before, during or after your shift. Offerings will include 20-minute classes ranging from meditation, pranayama breathing, challenging negative patterns of thinking and more. Learning these techniques can improve sleep, assist you in coping with feelings of stress and anxiety, as well as overall wellness.

Tranquility Services are in conference room A and open 24/7. A schedule of weekly classes can be found on the landing page of the intranet. We ask that you read the tent rules on the Mather intranet before visiting.

Questions? Call x 4839



Mather Hospital
Northwell Health®