

Code I-T-T (In This Together)

Breathe. Stretch. Reset.



Drop into a Code I-T-T (In This Together) session brought to you by Screening, Brief Intervention and Referral to Treatment (SBIRT), Employee Wellness and the Emergency Medicine Service Line. These sessions are a reminder to take a break from what you are doing to mindfully breathe, stretch and reset.

Reset, stretch and mindfulness exercise

The techniques offered are a series of gentle yet relaxing moves that take you to a comforting place for just a few moments. The stretching and breathing moves are useful in helping to melt away tense muscles quickly. The mindful exercises will put your mind and body in a state of calmness.

Join a session to try these techniques:

- Reset and Stretch (5-7 minutes)
8:00 am | 11:00 am | 2:00 pm | 5:00 pm | 8:00 pm
- Mindfulness Exercise (20-30 minutes)
11:30 am | 2:30 pm | 5:30 pm

Sessions are free and virtual

Monday – Saturday
(see below for times)

Join a session at one of the listed times via:

<https://zoom.us/join>

Meeting ID: 3446759477

Password: northwell
