

● Highlight ●

Our wellness events are designed around the 8 Dimensions of Wellness. For example, we held a Self-Defense Class to support Occupational Well-Being after staff shared concerns about safety during their commute.

On March 18, Health Workforce Well-Being Day, our President and CEO, Dr. Katz, sent a message to all staff, showing support for employee wellness and reaffirming our commitment.

We've opened 20 wellness rooms across the system. These spaces were created to give staff a quiet place to relax, recharge, and focus on their well-being.

"Having a wellness room to step into, even for just a few minutes, made a huge difference in my day—it gave me space to breathe and reset."



Events, Wellness Rooms + More

At NYC Health + Hospitals, we're all about supporting our staff—with wellness events, leadership that truly backs well-being, and relaxing wellness rooms across the system, all rooted in the 8 Dimensions of Wellness.

