

One-on-One Integrative Wellness Sessions with Dr. Scarlet Soriano, MD, ABIHM

We are offering complimentary, one-on-one integrative medicine wellness sessions over Zoom for BMC employees who are interested in tools to improve health and wellbeing during these challenging times. These individual sessions will be held on Monday and Wednesday mornings between 9 a.m. and 12:40 p.m. Sessions are available in English and Spanish.

Employees can learn about nutrition strategies to boost immune health, mind-body tools for relaxation and cultivating resilience, ways to improve sleep, simple breathing techniques for stress reduction, and more. These sessions are not focused on mental health diagnoses, though the tools can benefit overall wellbeing including mind, body, and spirit. Please contact Dr. Soriano directly at scarlet.soriano@bmc.org to set up your Zoom session.