



RELAX
UNWIND
RECHARGE

Physician & Employee Relaxation/Meditation Room

Opens Monday, May 18, 2020

Drop by the new **Relaxation/Meditation Room** at our **Sacramento Medical Center** that is being reimagined to help our physicians and staff cope during the pandemic.

Open beginning Monday, May 18, you can visit 24/7 this calm, healing environment with lounge chairs, bottled water, and more (while supplies last). It is located in the existing Meditation Room on the First Floor of the hospital in 1 East, near the post operation waiting room.

Guidelines:

- *Please sanitize your hands prior to room entry*
- *Be mindful of your time in the room to allow others the opportunity to recharge*
- *Please follow proper social distancing guidelines by adhering to the room occupancy limit of five people.*