

*With Warm Wishes from  
All of Us at Montefiore*

*Best Wishes*

### *Care Cards*

This card was created by a Montefiore associate especially for you.

Cover image illustrated by Samantha Nye.

**Montefiore Relaxation Hotline: 718-920-CALM (2256)**

**Call 24-hours a day for free relaxation tracks in English and Spanish.**

