



Colleague Relaxation Spaces

Relaxation Spaces have been created to provide a tranquil space for reflection, quieting the mind and nourishing the spirit. Guided meditations are available. The relaxation spaces are open to all Saint Alphonbus and Trinity Health Colleagues to use; some have limited access.

Other designated spaces for reflection and prayer include the Saint Alphonbus Chapel, the Chapel Garden, and the Interfaith Reflection Room.

Locations

Employee Health Services: Moreau Building
Call 367-3259 first

General Surgical Unit: 8 Central
Off staff elevator/lobby

5 South: Next to room 5410
Door Code - 818

Corporate Health and Wellness:
901 Building Suite 403

