

RELAX REFLECT BREATHE

Relaxation/Reflection Rooms, & Healing Garden

Locations & Walking Trails

BOISE:

Saint Alphonse Regional Medical Center

- **Relaxation Rooms:**
 - CHW - 901 Building, Suite 403
 - 5 South (next to room 5410). Breast pump room 818 door code.
 - 4 South (tucked away in the back)
 - 8 Central Room (General Surgery Unit) off of staff elevator lobby - no badge access
 - Relaxation Room 3rd floor Central Tower
 - 5th Floor Central Tower - located directly outside the elevators. Please check-in with charge nurse for access.
- **Roof Top Garden** - 4th floor Central Tower
- **Rose Garden** - 1st floor next to Moreau Building
- **Garden & Picnic Area** - breezeway between 901 and 999 Building
- **Walking Trail** - visit the SAHS web page [Resiliency & Wellbeing](#)

NAMPA:

Saint Alphonse Medical Center

- **Relaxation Rooms:**
 - 4th Floor - Former Consult Room
 - 5th Floor - Former Family Room
- **Roof Top Garden** - 2nd Floor, West Side
- **Healing Garden** - East end between 4300 Building and 4400 Building
- **Walking Trail** - visit the SAHS web page [Resiliency & Wellbeing](#)

ONTARIO

- **Relaxation Room**
 - 3rd floor - across the hall from the OB Entrance

BAKER CITY

- **Relaxation Room**
 - Turn right down carpeted hallway after Conference rooms - near computer lab
 - Surgery OR consult room near radiology waiting room



Saint Alphonse



Trinity Health