





































INTENTIONAL CARING COMMITTEE RESPITE SPACES



Respite Spaces are a network of quiet areas for all Sentara Martha Jefferson employees to use 24/7. Some areas are also open to the public.

Below is the growing list of where to find a respite space near you.

GROUND FLOOR	FIRST FLOOR	SECOND FLOOR	THIRD FLOOR	FOURTH FLOOR
Ground Floor Respite Room (G0413B)  	Cornell 1 Respite Room (A1139)  	Wendel 2 Respite Room (B2165)  	Wendel 3 Respite Room (B3165)  	Hospitalist Group  
	Employee Garden  	Cornell 2 Respite Room (A2121)  	Garden Terrace  	Small Dining Room  
	Serenity Garden  	Interfaith Chapel (62505)  	Caregiver Center  	Cafeteria  
	Garden Benches outside C1  		Garden Benches  	
OFF-CAMPUS				
FSED Respite Room (1140)  	SIPC Respite Room (H1467B)  		Greenberry's Coffee  	

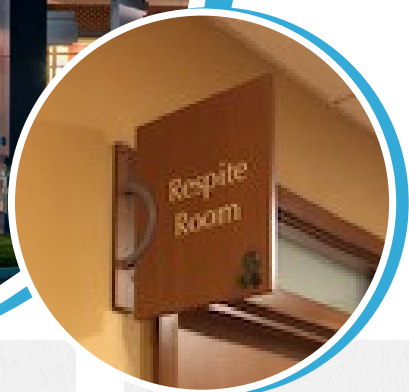
Each of these locations is intended for reflection, contemplation, and relaxation. Please leave all spaces as you find them.

KEY	 INSIDE	 STAFF ONLY	 OUTSIDE	 PUBLIC
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INTENTIONAL CARING COMMITTEE RESPITE SPACES

Intentional Caring is a program designed to offer resiliency opportunities to every member of the Sentara Martha Jefferson team.

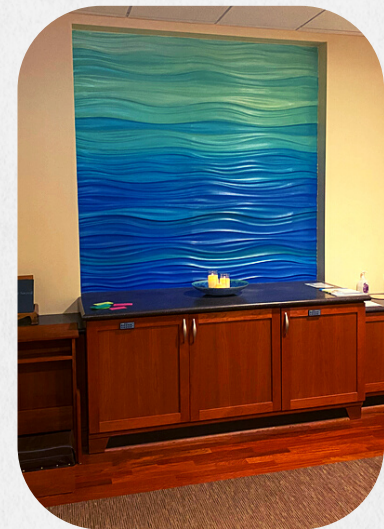
Interested in learning more about the Intentional Caring Committee? Reach out to Esther Lozano at EGLOZAN1@sentara.com



Cornell 2



Serenity Garden



Interfaith Chapel