



## **Marquis Health Supporting “Zen” for Baltimore Washington Medical Center Team *SNF Consulting Firm Keeps Healthcare Colleagues’ New Lounges Stocked***

**BALTIMORE, June 2, 2022** – Marquis Health Consulting Services is helping the team at University of Maryland Baltimore Washington Medical Center (UM BWMC) find some “zen.” The skilled nursing consulting organization and two of its regional client facilities are keeping the hospital’s new Zen Dens stocked, as a show of appreciation to healthcare workers.

UM BWMC recently opened the three new spaces to serve as “accessible and welcoming places of refuge, rest and renewal.” The Zen Dens are equipped with comfortable chairs, foot stools, yoga mats, salt lamps and sound machines. They feature meditation cards, inspirational books, healthy snacks, self-care and gratitude activities, as well as art supplies and an expression wall.

The Zen Dens are an initiative of the UM BWMC Pathway to Excellence Well-Being Committee and the Unit Practice Councils of the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> floors, and made possible by the generosity of BWMC Foundation donors. Marquis is maintaining the supply of snacks on an ongoing basis, via Westgate Hills Rehabilitation & Healthcare Center in Baltimore and Meadow Park Rehabilitation & Healthcare Center in Catonsville.

“We are proud to sponsor these creative retreat rooms with our healthcare colleagues at UM BWMC,” said Marquis’ Tammy Grazioli, MSW, director of community relations. “We are so grateful to these healthcare heroes for their constant dedication and sacrifice and are pleased to be a small part of this big idea to support their workplace self-care.”

**PHOTO CAPTION:** Pictured (L-R) at the Zen Dens opening are Marquis’ John Kesler, clinical liaison, and Tammy Grazioli, director of community relations; and University of Maryland Medical System’s Jennifer Carnegie, clinical liaison, and Dawanya Lewis, Pathway to Excellence nurse leader.

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