RELAX
REFLECT
BREATHE

Relaxation/Reflexion Rooms, & Healing Garden
Locations & Walking Trails

BOISE:
Saint Alphonsus 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 Alphonsus 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