

Retiree Wellness 2023

Retiree Seminars at the Fairdale Banquet Center (672 Wehrle Drive in Amherst NY)

Retiree “Lunch & Learn” wellness seminars are back! They will be held at 11:30 a.m. to 1:00 p.m. on the Wednesdays listed below. **All LMHF sponsored seminars are strictly for LMHF members. When making phone reservations, retirees must provide their Highmark/BCBS, Pharmacy Benefit Dimensions or Independent Health identification number to validate their LMHF membership. In addition, when reporting to the seminar, attendees must produce their identification card. Please make all reservations and cancellations by 12:00 p.m. on the Monday before the seminar.**

February 15, 2023 The Happiness Formula

Presented By, Tom Haney

April 19, 2023 Cultivating Healthy Relationships to Support Your Mental Health

Presented By, Karl Shallowhorn

June 21, 2023 Practical Tools to Maintain Your Cognitive Health

Presented By, Karl Shallowhorn

August 16, 2023 The Impact of Physical Activity on Your Mental Health

Presented By, Karl Shallowhorn

October 18, 2023 Cold Weather Safety

Presented By, Tom Haney

Limited Seating!

**Please call the LMHF office at 601-7980
to make your reservation today!**

REMINDER: Please bring your Highmark/BlueCross BlueShield, PBD or Independent Health identification card with you.

*** Please check [CHANNEL 4](#) or [WIVB.COM](#) for any weather-related closings
“Labor-Management Healthcare Seminar”**