

# Retiree Wellness Seminars 2025

*Creekside Banquet Facility  
2669 Union Road  
Cheektowaga, NY 14227*

Retiree “Lunch & Learn” wellness seminars are back! They will be held from 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 Univera or Independent Health group number to validate their LMHF membership.**

**Please make all reservations and cancellations  
by Tuesday at 12:00 p.m. one week prior to the seminar.**

**March 19, 2025**

## **Gardening 101**

In this introductory session, we'll explore the basics of gardening to help you start your own garden with confidence. Whether you're a complete beginner or looking to brush up on your skills, this presentation will provide you with the essential knowledge and practical tips to create a thriving garden.

**May 21, 2025**

## **Improving Memory with Age**

Join us for an insightful presentation on the impact of aging on memory. We'll examine the natural cognitive changes that occur as we grow older, discuss factors that can influence memory performance, and highlight strategies to maintain and improve memory function.

**July 16, 2025**

## **Sleep As We Age**

In this informative presentation, we'll delve into the ways sleep patterns change as we age. We'll cover sleep disturbances, the impact of aging on sleep quality, and effective strategies to improve sleep.

**September 17, 2025**

## **Chair Exercises**

Discover the benefits of chair exercise in this interactive & low - impact chair exercise class. This class will equip each member with a stretch band to use for the duration of this class & take home.

**October 15, 2025**

## **Mystery Event**

Join us for the afternoon with a surprise event.

**Limited Seating!**

**Please call the LMHF office at 601-7980 Ext. 2  
to make your reservation today!**

**REMINDER:** Please bring your Univera or Independent Health identification card with you.

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