



## Wellness Web Seminar

Due to the current status of COVID-19,  
all seminars will be held online via webinar

# JANUARY WEBINARS

FOR PART II CREDIT PLEASE EMAIL [TAMMY.PUDLEWSKI@LMHF.NET](mailto:TAMMY.PUDLEWSKI@LMHF.NET)

PLEASE INCLUDE FIRST AND LAST NAME, EMPLOYER NAME, & FOR DEPENDANTS PLEASE INCLUDE YOUR SUBSCRIBERS NAME.

**Thursday, January 6, 13, 20, 27** **12:00 p.m. – 1:00 pm**

### **New Year's Revolution 2022**

**Presented By,** Jared Byer

This is a 4 – week progressive series focused on boosting health and vitality through lifestyle, nutrition and fitness change.

#### **January 6**

Microsoft Teams meeting

Join on your computer or  
mobile app

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Or call in (audio only)

+1 929-352-  
[2689,,803368167#](#) United  
States, New York City

Phone Conference ID: 803 368  
167#

[Find a local number](#)

#### **January 13**

Microsoft Teams meeting

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mobile app

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+1 929-352-  
[2689,,678540527#](#) United  
States, New York City

Phone Conference ID: 678  
540 527#

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#### **January 20**

Microsoft Teams meeting

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mobile app

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[2689,,719852290#](#) United  
States, New York City

Phone Conference ID: 719 852  
290#

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#### **January 27**

Microsoft Teams meeting

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mobile app

[Click here to join the meeting](#)

Or call in (audio only)

+1 929-352-  
[2689,,122190698#](#) United  
States, New York City

Phone Conference ID: 122  
190 698#

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**Wednesday, January 12** **12:00 p.m. – 1:00 p.m.**

### **Rest vs Sleep**

**Presented By,** Soda Kuczkowski

We know that when we get good, consistent sleep that it can help support our physical, mental, and emotional health in a number of ways. But you may not know that it isn't the only type of rest we need to take care of ourselves. In this seminar we will discuss other types of rest to help you feel your best and avoid feeling burnt out.

**Register in advance for this meeting:**

<https://parentingandhealthinstitute.zoom.us/meeting/register/tJwscuqppzMjG9SnfjmOJ4TEhCrnHd-9nPvG>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Tuesdays, January 4, 11, 18, 25** **12:00 p.m. – 1:00 p.m.**

### **Mindfulness Meditation**

**Presented By,** Felicitas Kush – Lango

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82834400167>

**Meeting ID:** 828 3440 0167



For Assistance, Please Contact us at (716) 601-7980

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