



Wellness Web Seminar

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

JULY WEBINARS

FOR PART II CREDIT, PLEASE EMAIL TAMMY.PUDLEWSKI@LMHF.NET

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

Thursday, July 14

12:00 p.m. – 1:00 p.m.

Green Mediterranean

Presented By: April DePriest

The Mediterranean Diet has been at the top of the best diet list for a decade, but did you know that one study showed the green version of this diet helped dieters lose 2X the amount of belly fat compared with a traditional Mediterranean Diet!

Join Zoom Meeting

<https://us02web.zoom.us/j/82972375240?pwd=S3N6RFd0MmdRK1FZcHp1Y0xMRUpiUT09>

Meeting ID: 829 7237 5240

Passcode: 058879

One tap mobile

+16468769923,,82972375240#,,,,*058879# US (New York)

Tuesday, July 5, 12, 19, 26

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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