



Labor-Management Healthcare Fund

## APRIL WELLNESS WEBINARS

FOR PART II CREDIT, PLEASE EMAIL [DIONA.ELLINGTON@LMHF.NET](mailto:DIONA.ELLINGTON@LMHF.NET)

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

**Wednesday, April 26**

**12:00 pm – 1:00 pm**

### **Walk, Don't Run Into Healthy Habits**

**Presented By, Sheri Jablonski**

April 26 is National Walk at Lunch Day - join me as we look at one of the most simple, significant, and safest forms of exercise. We will look behind the scenes at how amazing walking really is, how to truly form new habits, and how to pack simple handheld lunches... because we still need to eat.

(and yes, we'll be done in time for a quick and simple lap around the office!!)

### Microsoft Teams meeting

Join on your computer, mobile app or room device.

[Click here to join the meeting](#)

Meeting ID: 235 727 102 541

Passcode: 2vuZFp

Or call in (audio only)

[+1 929-352-2941](tel:+19293522941), [614426902#](tel:+1614426902) United States, New York City

Phone Conference ID: 614 426 902#

[Find a local number](#)

**Every Tuesday in April 4, 11, 18, 25**

**12:05 pm – 12:50 pm**

### **Mindfulness Meditation**

**Presented By, Felicitas Kush – Lango**

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

Meeting ID: 828 3440 0167



For questions regarding the Wellness Program please contact

Meah (716)601-7980 x3 or

Tammy (716)601-7980 x4

Labor-Management Healthcare Fund  
90 Anderson Rd. Cheektowaga, NY 14225  
Phone (716)601-7980 • Fax (716)601-7984

[www.LMHF.net](http://www.LMHF.net)