



March is Brain Injury Awareness Month

# LMHF

## Wellness Web Seminar

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

# MARCH WEBINARS

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

**Thursday, March 11, 2021**

**12:00 p.m. – 1:00 p.m.**

**Continuing your Mindfulness Meditation Practice** - presented by Felicitas Kush - Lango

In this follow up webinar to the "Introduction to Mindfulness Meditation" you will learn some additional techniques to be used in your Mindfulness practice. We will practice together and there will also be ample time to go over your questions and to go over your basic techniques again.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/87021532200>

Meeting ID: 870 2153 2200

One tap mobile

+1 646 558 8656 US (New York)

**Thursday, March 18, 2021**

**12:00 p.m. – 1:00 p.m.**

**Nutrition & Mental Health** - presented by Tessa Bechtol

Our thoughts, behaviors, and much of our struggles with mental health are associated with what we put into our bodies. In considering nutrition and its relationship with Mental Health the two are directly connected. What does this mean for us? It means that, by better understanding the types of food we eat, we can then be more intentional on how nutrition influences cognitive functioning and mood to improve our overall well-being.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/87481715268?pwd=akZXSFlR3RocDFxWXhHZ1UxRFFZdz09>

Meeting ID: 874 8171 5268

Passcode: 916646

**Thursday, March 25, 2021**

**1:00 p.m. – 2:00 p.m.**

**Fast – Figure Friendly Recipes** - presented by April DePriest

This webinar will be a live cooking demo. You will learn how to prepare a fast and healthy meal that you can easily make at home. The recipes will be available on the LMHF website after the presentation.

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/86208699452?pwd=T3hQdS8rVE9zZnpWczRVSkVSKzcvUT09>

Meeting ID: 862 0869 9452

Passcode: 050155

One tap mobile

+1 646 876 9923 US (New York)

**Tuesdays, March 2,9,16,23, & 30**

**12:00 p.m. – 1:00 p.m.**

**Mindfulness** - presented by Felicitas Kush – Lango

[Join Zoom Meeting](#)

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

Meeting ID: 828 3440 0167

# LMHF

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