

May is National Nurses Week & National Police Week



# LMHF

## Wellness Web Seminar

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

# MAY WEBINARS

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

**Tuesday, May 11, 2021**

**12:00 p.m. – 12:45 p.m.**

### **Health After Covid: Getting Back to a New Normal**

**Presented By, Julie Eastland & Karen Sendker**

This webinar will be focusing on, how to practice mindfulness and stress relief, why it is important to continue maintaining infection prevention, what you can do to stay healthy in the workplace, the importance of staying vigilant & keeping your preventative health in check.

### **Microsoft Teams Meeting**

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 716-236-8765](tel:+17162368765), [641351206#](tel:+1716641351206) United States, Niagara Falls

Phone Conference ID: 641 351 206#

**Tuesday, May 18, 2021**

**12:00 p.m. – 1:00 p.m.**

### **Easing Stress in Anxious Times**

**Presented By, Melinda DuBois**

Long-term stress can lead to both physical and mental health concerns. Understanding how to prevent and manage stress in these uncertain times can help contribute to one's overall mental well-being and good health. This presentation will address the early signs of anxiety and simple steps you can take to increase your resilience.

### **Join Zoom Meeting**

<https://zoom.us/j/92878482116?pwd=cFXUnhJOTNLVctmSzlXMG1kWHIXdz09>

**Meeting ID:** 928 7848 2116

**Passcode:** 093829

**One tap mobile**

+16465588656,,92878482116#,,,,\*093829# US (New York)

**Tuesday, May 25, 2021**

**12:00 p.m. – 12:45 p.m.**

### **Mindfulness Lifestyle**

**Presented By, Allie Doran**

Adapting to a mindfulness lifestyle.

By understanding what dialectical means and by learning & practicing a simple breathing exercise.

### **Zoom Link:**

<https://us02web.zoom.us/j/89835503751?pwd=QilMTmRLMTcVdXpDeEZHQ3dudXQ5UT09>

**Meeting ID:** 898 3550 3751

**Passcode:** 406798

**Tuesdays, May 4,11,18,25, 2021**

**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

**One tap mobile**

+1 646 558 8656 US (New York)

**Meeting ID:** 828 3440 0167

Find your local number: <https://us02web.zoom.us/j/k6UCnOhld>

# LMHF

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