

Retiree Wellness Seminars 2024

Creekside Banquet Facility

2669 Union Road

Cheektowaga, NY 14227

Please Note this new location for all future events

Retiree “Lunch & Learn” wellness seminars are back! They will be held at 11:30 a.m. to 1:00 p.m. on the Wednesdays listed below. All LMHF sponsored seminars are strictly for LMHF members. When making phone reservations, retirees must provide their Highmark, Pharmacy Benefit Dimensions or Independent Health identification number to validate their LMHF membership. In addition, when reporting to the seminar, attendees must produce their identification card. Please make all reservations and cancellations by 12:00 p.m. on the Monday before the seminar.

March 20, 2024 Bone Strengthening Exercises

Presented By, Jared Byer

May 15, 2024 Dealing with Death and Disease

Presented By, Hospice

July 17, 2024 Financial Health

Presented By, Tom Haney

September 18, 2024 Breathing and Mindfulness

Presented By, Monica Zucco

October 16, 2024 Balance – Fall Prevention

Presented By, Buffalo Rehab Group

Limited Seating!

**Please call the LMHF office at 601-7980
to make your reservation today!**

REMINDER: Please bring your Highmark, PBD or Independent Health identification card with you.

*** Please check [CHANNEL 4](#) or [WIVB.COM](#) for any weather-related closings
“Labor-Management Healthcare Seminar”**