

Retiree Wellness 2019

Retiree Seminars at the Fairdale Banquet Center (672 Wehrle Drive, Amherst NY)

Retiree “Lunch & Learn” wellness seminars are held on Wednesdays from 11:30 a.m. to 1:00 p.m. on the following dates. All LMHF sponsored seminars are strictly for LMHF members. When making phone reservations, retirees must provide their BCBS, PBD or Independent Health identification number to validate their LMHF membership. In addition, when attending 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.

- | | |
|---------------------------|--|
| January 16, 2019 | Ask the Doctor: <i>Attendee’s submit any questions you may have ahead of time and doctor will address them.</i> |
| February 20, 2019 | Keep an Eye on Your Eyes, and your Brush on Your Teeth! <i>Will focus on proper eye and tooth care.</i> |
| March 20, 2019 | Healthy Mind-Healthy Body: <i>Learn how positive and negative thoughts can affect your health and body.</i> |
| April 17, 2019 | Assisted Living/Caregiver – You or Yours
<i>What are your choices?</i> |
| May 15, 2019 | I Feel It In My Bones! – Tell it to the Chiropractor!
<i>Learn the do’s and don’ts of proper back care.</i> |
| June 19, 2019 | Holistic Pain Relief: <i>a different way to handle it.</i> |
| July 17, 2019 | Delicious Vegetables! |
| August 21, 2019 | Get to Know Your Feet |
| September 18, 2019 | Longevity New Anti-Aging for Men & Women |
| October 16, 2019 | Me Time – It’s All About Me! |
| November 20, 2019 | Healthy Home |

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

REMINDER: Please bring your BlueCross BlueShield or Independent Health identification card with you.

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