

Retiree Wellness 2020

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 15, 2020	Mindfulness
February 19, 2020	Identifying & Addressing Behavioral Health + Dr. On Demand
March 18, 2020	Sugar Detoxing
April 15, 2020	Allergies
May 20, 2020	Holistic Gardening
June 17, 2020	The Conversation Project (Learn to Start the Conversation for End of Life Care)
July 15, 2020	5 Changes to Reduce Back Pain
August 19, 2020	Go with Your Gut
September 16, 2020	Top 10 Foods for Stress Reduction
October 21, 2020	Diabetes Awareness & Prevention
November 18, 2020	Eating Healthy Equals a Healthy Immune System

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”**