



# **YOUR HEALTH MATTERS STRESS LESS DAY PRESENTATION**

**Presented By**  
**Tara McPherson, MS, CWPC, CWPM**  
**Corporate Wellness Consultant, Lawley Insurance**  
**Michelle Carbery, Independent Health,**  
**Senior Corporate Wellness Specialist**

**Wednesday, March 22, 2023**  
**Regis**  
**Noon – 1:00 pm**  
**(Lunch and refreshments will be provided)**

**To register, please email Bethany by March 14th at [voorheeb@canisius.edu](mailto:voorheeb@canisius.edu) Please also provide any dietary restrictions.**