



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 15th at voorheeb@canisius.edu Please also provide any dietary restrictions.