



# **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**

**Thursday, March 7, 2024**

**Grupp**

**Noon – 1:00 pm**

**(Lunch and refreshments will be provided)**

**To register, please email Lynn by March 4th at  
[hr@canisius.edu](mailto:hr@canisius.edu) Please also provide any dietary  
restrictions.**