



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 Please also provide any dietary
restrictions.**