



LAP VIRTUAL WELLNESS SERIES

CO-SPONSORED BY NYSBA LAWYER ASSISTANCE PROGRAM

Thursday, October 15, 2020 | Everyday Mindfulness Techniques

6:00 PM

Presented by Melissa Del Giudice, Founder of Yoga for Health LI, who will lead the group in guided meditations and other mindfulness strategies.

Thursday, October 22, 2020 | Stress Management and Reduction

6:00 PM

Presented by Beth Eckhardt and Carolyn Reinach Wolf.

This session will focus on stress management in the age of COVID-19.

Thursday, October 29, 2020 | Understanding and Reducing Stigma Surrounding Mental Health and Addiction

6:00 PM

Presented by Jacqueline Cara, Esq., Joe Milowic, Esq. and Heather Casale, Esq.

Joe and Heather share their personal stories, and LAP Committee Chair Jacqueline Cara will discuss tips and conversation starters designed to facilitate communication and educate others about stigma and ways to reduce it. It starts with you!

Thursday, November 5, 2020 | Healthy Body, Healthy Mind

12:30 PM

Presented by Chiropractor and Personal Trainer, Dr. Benjamin Carlow.

Dr. Carlow will discuss how healthy living and eating increases well-being.

Thursday, November 12, 2020 | Leading a Meaningful Life

6:00 PM

Presented by Libby Coreno, Esq., Co-Chair of the NYSBA Lawyer Well-Being Task Force.

Libby will share strategies on how to live a full and meaningful life.

Thursday, November 19, 2020 | Strategies to Recognize and Manage Burn Out

6:00 PM

Dr. Kerry Murray O'Hara, Psy.D. will discuss ways to prevent, recognize and manage burnout.

To register for the virtual LAP Wellness Series, contact Beth Eckhardt at eckhardt@nassaubar.org or call (516) 294-6022.

Support LAP! Visit www.nassaubar.org/lawyer-assistance-program-3/ today to make a \$25 suggested donation.