



SECTIONS

## YOUNG LAWYERS SECTION DISTRICT 8

# Wellness Event

**Patricia Milks Rusinek**, LMHC, CASAC, discussing stress, setting appropriate boundaries with colleagues and clients, self-care and how it can positively affect all aspects of home and professional life.

**Dr. Heather Heim** will discuss the benefits of regular chiropractic care on overall health and stress levels.

**Ideal Weight Loss Clinic** will offer tips on healthy eating, making healthy food choices, give an introduction to the Ideal You method and program, free healthy snacks will be provided, free biometric scale readings and mini-health profiles will be offered.

**Robert J. Petrillo**, AIG Financial will offer overall financial health information, tips on saving for retirement and options tailored for practitioners.

**Power Yoga Buffalo** will offer introductory member classes for participants. Please bring your own mat and blocks. This a Baptiste Power Flow style program without the hot room. Open to all levels.

This is a complimentary event, but pre-registration is required.

[NYSBA.ORG/YLSWELLNESS](https://www.nysba.org/ylswellness)



**Friday, March 13, 2020**

1:00 – 4:45 p.m.



403 Main Street  
Brisbane Building, Suite 215  
Buffalo, NY 14203

