



**The Westchester Women's Bar Association
Wellness Committee
Proudly Presents its General Membership Meeting:**

“Prioritizing Your Health and Wellness While Thriving in Law”

An interactive presentation about how to use certain foods for fuel as energy, how to beat the late afternoon brain fog, how to improve sleep and manage stress, etc., providing simple tips that are easy to implement.

Presenter: Hon. Jessica Z. Segal, Dutchess County Court Judge

Date: March 1, 2023

Time: 6:00 p.m. to 7:00 p.m.; A light dinner will be provided.

Place: BNY Mellon Wealth Management, 701 Westchester Avenue, White Plains New York

Charge: Free

RSVP: No later than 4:00 pm on February 28, 2023

Registration: online at www.wwbany.org or email executive_director@wwbany.org

The opinions expressed by any program presenter are the presenter's own, and do not reflect the official position of the WWBA.

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