



**CIBS W hosts Summer Wellness Luncheon, sponsored by JRS Architect, PC and Forchelli Deegan Terrana LLP**

August 09, 2022 - Long Island



Shown (from left) are: Elene Bara, Kathy Pasquale, Patti Kielawa, Rachel Butiu, Andrea Tsoukalas Curto, and Amanda Gorozdi.

Shown (from left) are: Catherine Candaeo, Kathy Pasquale, and Andrea Tsoukalas Curto.

Melissa Naeder

Huntington, NY CIBS W, an affiliate of the Commercial and Industrial Brokers Society of Long Island (CIBS), hosted an informative and fashionable Summer Wellness Luncheon at historic Oheka Castle.

The luncheon was co-sponsored by Forchelli Deegan Terrana LLP, a general practice law firm and Kathy Pasquale of JRS Architect, PC a full service architectural and interior design firm.

“This event highlights perfectly CIBS W’s mission to empower women through education, collaboration and mentorship,” said Melissa Naeder, CIBS W committee co-founder and CIBS executive board member

“Women from all facets of the commercial real estate sector were in attendance and enjoyed networking with one another and learning about wellness and nutrition while also taking in the beautiful weather, venue, décor and delicious food,” said Andrea Tsoukalas Curto, CIBS W committee member and partner at Forchelli Deegan Terrana.

Catherine Canadeo, a board-certified holistic health coach, integrative nutritionist and executive wellness advisor, was the featured speaker at the event. Addressing a sold-out audience, she provided an insightful presentation on the four pillars of health and wellness and the importance of self-care, work/life balance and stress management.

“It is exciting to see the incredible growth and important programs being developed by CIBS W committee members,” said CIBS president Dan Wiener. “This event, like so many others, demonstrates the importance of their work.”

CIBS W is an affiliate of the Commercial and Industrial Brokers Society of Long Island (CIBS) which was formed in 1993 out of the shared belief among the region's leading brokers that the region needed a unified voice. Since its formation, CIBS has helped upgrade the industry by offering hundreds of educational programs, seminars, and presentations; advocated professional standards and offered grievance resolution; provided informal mentoring relationships; raised tens of thousands of dollars for local charities; and created social settings in which colleagues have become friends, and competitors respected peers.

For more information about CIBS W, visit [CIBS-LI.com](http://CIBS-LI.com).

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