



New York State Association of REALTORS®, Inc.

Safety Forum Meeting Report

Monday, October 2, 2023

Starting time: 4 p.m.

Liz Trego
Chair

Barbara Robinson
Vice Chair

Our Safety Forum welcomed Ann Canastra from the National Alliance on Mental Illness in Syracuse who shared with us her presentation, “Mental Health in our Workplace.” She discussed mental health at work, warning signs of stress, how to navigate stress and how to get help, if you need to. With this week being National Mental Health Awareness Week, it was a very timely and informational presentation.

Also, myself being on the NAR Safety Committee, I was able to give a national update on what is going on at the NAR level.

With no other business to discuss, the meeting was adjourned.