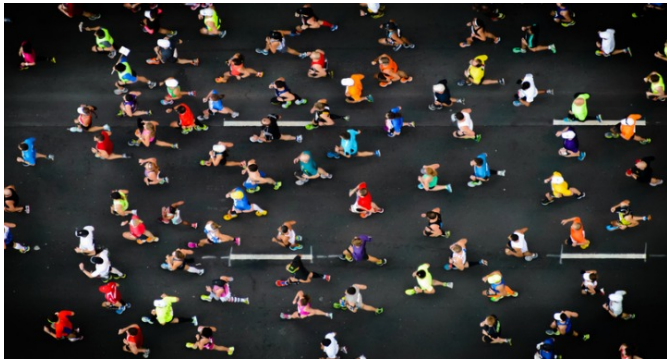


Triangle Benefits Forum Wellness Update

October 15, 2019



Ward and Smith is pleased to welcome the Triangle Benefits Forum to our Raleigh office on October 22.

The group is hosting a Wellness Plan Update presented by OneDigital Compliance Department. The program starts at 11:45 a.m. at our Raleigh office located at 751 Corporate Center Drive. The program is for Triangle Benefit Forum members.

Ward and Smith's Steve Long served as President of the Triangle Benefits Forum in 2009-2010, and has spoken to the group regularly. He leads the firm's tax and employment benefits practice.

Founded in 1990, the Triangle Benefits Forum is a North Carolina professional group located in the Triangle. Outside speakers are often invited to present at the monthly meetings, including representatives from the Internal Revenue Service, the U.S. Department of Labor and the North Carolina Department of Insurance. The forum consists of attorneys, accountants, bank trust officers, consultants, insurance professionals, paralegals, benefits administrators, and other employee benefits professionals. You can find more information about becoming a member [here](#).