



Labor-Management Healthcare Fund

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[www.LMHF.net](http://www.LMHF.net)

## LMHF 2024 Active Employee Wellness & Fitness Retreat Entry Form

<u>Title &amp; Description of Retreat</u>	<u>Retreat Dates</u>	<u>Entry Form Submission Deadline</u>	<input checked="" type="checkbox"/> If Interested
<p><b><u>Anxiety &amp; Depression Management</u></b> Learn skills to help manage and identify your anxiety &amp; depression. Attend several different workshops highlighting topics such as: focused breathing, identifying triggers, healthy coping, &amp; how nutrition affects your mind and body.</p>	Monday & Tuesday March 4 & 5	Monday January 29	<input type="checkbox"/>
<p><b><u>Garden to Table</u></b> Learn a variety of skills to help you use what you have grown to positively benefit a healthy lifestyle. Workshops will include: cooking with veggies &amp; herbs, canning, &amp; the benefits of how healthy eating can improve your life. <b>This retreat is open to both active &amp; retired LMHF members and spouses who are also a LMHF member.</b></p>	Monday April 1	Monday February 26	<input type="checkbox"/>
<p><b><u>Family Weekend</u></b> Bring your family to experience a fun, healthy weekend filled with fitness, outdoor recreation, healthy food, and quality time in a beautiful setting. <b>If interested in this retreat, please see reverse side of this document.</b></p>	Saturday & Sunday August 3 & 4	Monday June 17	<input type="checkbox"/>
<p><b><u>Spousal</u></b> You and your spouse will focus on the five love languages. The fun weekend will include couples massage, hands-on healthy cooking, outdoor activities and a presentation regarding financial health.</p>	Saturday & Sunday August 17 & 18	Monday June 24	<input type="checkbox"/>
<p><b><u>Balance Your Body</u></b> Teaching you to focus on your body with tips on self-care, mindfulness, focused breathing and fitness.</p>	Monday & Tuesday September 16 & 17	Monday July 29	<input type="checkbox"/>
<p><b><u>*Fit Camp*</u></b> This is a week-long Biggest Loser program. Days include nutrition education and 5-6 hours of exercise per day.</p>	Sunday - Saturday May 19 - 25	Monday March 25	<input type="checkbox"/>

If interested in attending any of the above retreats, please complete this entry form (front & back) and return it to LMHF. This form may be scanned, emailed, faxed, mailed to LMHF office via U.S. mail, or placed in the locked mailbox located outside of the LMHF office building. Raffles will be held on the submission deadline date indicated on this form. If selected, winners will be notified by the LMHF office and provided with additional details regarding the retreat and the documents required to attend. If documents are not received by the due date, the entry will be disqualified. All retreats will be held at Beaver Hollow Conference Center/Biggest Loser Resort, 1083 Pit Road in Java, New York. Your health and safety are our number one priority. If required, NYS Guidelines concerning Covid will be followed.

For email submissions, please send to [Tammy.Pudlewski@lmhf.net](mailto:Tammy.Pudlewski@lmhf.net)

*Complete Reverse Side*

Member Name	
Employer	
Group I.D. Number	
Highmark I.D. Number	
Home Street Address	
City/Town	
Zip Code	
Phone Number Include Area Code	
Email Address	

**Complete the following if spouse is entering raffle for an authorized retreat**

**Garden to Table Retreat**

Spouse Name	
Highmark I.D. Number <i>Medicare retirees use IHA I.D. Number</i>	Highmark # _____ IHA# _____

**Spousal Retreat**

Spouse Name	
<i>Highmark I.D. Number</i>	<i>Highmark # _____</i>

**Complete the following if you are entering for the Family Weekend retreat**

Number of members attending	
Please list the age of each member attending	