



Labor-Management Healthcare Fund

## 2024 LMHF Cooking Demonstration Entry Form

LMHF will be holding Cooking Demonstrations to be held at Complete Wellness Arts & Science Center, 1515 Kensington Avenue, Buffalo 14215. The presentations will be led by Chef Stephen Foreman, owner of Thyme-N-Honey, and presented live for our members.

Please review the schedule below and check the sessions that you would be interested in attending. A raffle will be drawn 2 weeks prior to the session date. If selected, members will be notified of the menu and specific demonstration details.

Please return this Cooking Entry form to the LMHF office. Your entry form may be scanned, emailed, faxed or mailed via U.S. mail or placed in the locked mailbox located outside the door of 90 Anderson Road.

<u>SESSION DATE</u>	<u>TIME</u>	<u>"YES" If interested</u>
Tuesday, April 9, 2024	1:00pm – 2:30pm	
Tuesday, May 14, 2024	5:00pm – 6:30pm	
Tuesday, August 6, 2024	1:00pm – 2:30pm	
Tuesday, September 10, 2024	5:00pm – 6:30pm	

(fill in all information please)

Member Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Employer: \_\_\_\_\_ Dept: \_\_\_\_\_

Highmark or Independent Health ID Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**All submissions are due no later than March 31, 2024**, and should be sent to the attention of Tammy Pudlewski. For email submissions, please send to [tammy.pudlewski@lmhf.net](mailto:tammy.pudlewski@lmhf.net).

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