



2022 Session Schedule

The LMHF® Strive to Thrive program is a holistic approach to improving the health and quality of life of all first responders and other public employees in high stress positions or personal situations by learning and experiencing the skills and knowledge to manage stress through proper rest/sleep, exercise & proper nutrition. Overnight required. Lodging and all meals included.

The Strive to Thrive program is designed to provide first responders the tools necessary to perform vital functions while building better relationships within the community.

Our three-day, two-night program is held on the beautiful grounds of the Beaver Hollow Conference Center Biggest Loser/Niagara in Java, New York. Indoor and outdoor activities included. Parking free of charge. Program begins at 7:30 a.m. Wednesday and adjourns at 4:30 p.m. on Friday. Visit our website at www.strivetothriveny.com

If interested, contact:

Matthew.Schinkel@LMHF.net or

[Call the LMHF office at \(716\) 601-7980 Extension 11](tel:(716)601-7980)

May 4 - 6	August 17 - 19
May 18 - 20	September 7 - 9
June 1 - 3	September 21 - 23
June 22 - 24	October 5 - 7
July 6 - 8	October 19 - 21
July 20 - 22	November 2 - 4
August 3 - 5	November 16 - 18



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