

## 2018 LMHF Wellness & Fitness Retreats – **Fit Camp Dates REVISED**

<u>Title</u>	<u>Retreat Start Date</u>	<u>Retreat End Date</u>	<u>Drawing Date</u>	<input checked="" type="checkbox"/> <u>If Interested</u>
Smoking Cessation (Active & Retirees)	Tuesday January 2	Saturday January 6	November 3, 2017	
Personal Training	Friday March 23	Sunday March 25	January 9	
Healthy Cooking	Friday April 13	Saturday April 14	March 2	
Fit Camp	Friday May 4	Thursday May 10	March 23	
Triathlon	Friday May 18	Sunday May 20	April 6	
Family Weekend	Saturday June 2	Sunday June 3	See reverse for registration information	
Fit Camp	Sunday June 3	Saturday June 9	April 20	
Spousal Retreat	Saturday July 14	Sunday July 15	June 1	
Dance Your Way to Good Health	Thursday August 9	Friday August 10	June 29	
Self-Defense	Saturday - August 11		July 6	
Holistic Health	Monday August 27	Tuesday August 28	July 20	
Annual Run/Walkathon (Active & Retirees)	Saturday - September 8		See reverse for registration information	
Fit Camp	Tuesday September 18	Monday September 24	August 10	
Reassess & Reboot <small>(Prior fit camp attendees only. Limited space available)</small>	Wednesday October 3	Friday October 5	August 24	

- **Reminder:** Unless indicated, these programs offered to LMHF subscribers (active employees) only;
- Before submitting this form, please be sure to ONLY check retreats above that you are interested in attending.
- This form is also available through your Personnel/Human Resources Department or at [www.LMHF.net](http://www.LMHF.net)

**Submissions must be received by LMHF at least one day prior to the date of drawing.**

Raffle submissions will not be accepted at work site locations. If interested in attending any of the above retreats, complete the information below and **fax** it to (716) 601-7984 or **mail** to:  
**Labor-Management Healthcare Fund**, 3786 Broadway, Cheektowaga, NY 14227.

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

Employer: \_\_\_\_\_ Department: \_\_\_\_\_

BCBS ID Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street) (City/Town) (Zip)

Daytime Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

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

***\*Only necessary if entering for Spousal retreat***

\*Spouse Name: \_\_\_\_\_ \*BCBS ID Number: \_\_\_\_\_

**See Reverse Side for Family Weekend & Run/Walkathon Information →**

The following events are great opportunities to bring health and wellness support to everyone in your family through exercise, games and contests!

They are open to the entire family – they must be LMHF members.

◆ Childcare will not be provided

**Please call (716) 601-7980 to make your reservations**

**The following two events will be held at Beaver Hollow Conference Center, The Biggest Loser Resort Niagara in Java Center, NY**

### **Family Weekend**

Saturday & Sunday

**June 2 & 3, 2018**

This two-day retreat is all-inclusive and consists of one overnight stay.

**REGISTRATION DEADLINE IS May 4**



### **Family Walkathon**

Saturday

**September 8, 2018**

Additional information is available on a separate flyer located on our website: [www.LMHF.net](http://www.LMHF.net)

◆ Choose your own “Special K” course.

Easy, Difficult or In-Between

**REGISTRATION DEADLINE IS August 10**