

## LMHF Family Wellness Event

Saturday, September 8, 2018. Walk begins at 9:00 a.m.

♦ Registration will be from 8:00 a.m. – 8:45 a.m.

## Beaver Hollow – The Biggest Loser Resort Niagara 1083 Pit Road Java Center, NY 14082

You will find several (free of charge) parking areas available. Upon arriving, report to the registration desk located in the Main Lodge which is down the path on the right-hand side. Staff will assist/direct you from there.

<u>Free</u> to all LMHF subscribers and (any age) family members

- \* All attendees, including spouses & dependents must be an LMHF member.
  - ◆ Please call (716) 601-7980 to sign up by the deadline August 10<sup>th</sup>
  - ◆ LMHF Vendors will be present ◆ No Registration Fee Required
    - Bike Raffle for LMHF Members Who Participate
    - Choose your own "Special K" course. Easy, Difficult or In-Between

NO BIKES
NO SKATES
NO SCOOTERS





