



Labor-Management Healthcare Fund

*Labor-Management Healthcare Fund is the administrator
of health, prescription, and dental coverage.
It is our goal to help ensure your overall satisfaction with our program,
plans of benefits offered, performance of insurance carriers,
as well as all customer service conduct.*

LMHF HEALTHY COOKING DEMONSTRATIONS 2018 SCHEDULE

January 11	Healthy comfort food recipes for snowy days that will also keep your New Year's resolutions on track!
February 8	Heart Healthy recipes in honor of American Heart Month!
March 8	Eat My Plate! Eat the components of My Plate to celebrate National Nutrition Month!
April 12	Plant-based meals. What is plant-based eating? Come try some easy, delicious plant-based recipes!
May 10	Cinco de Mayo! How to cook up some Mexican favorites in a healthful way!
June 14	Eat like a farmer! Farm fresh recipes to help you enjoy the summer harvest!
July 12	Enjoy a perfect picnic with these lightened-up picnic favorites for the summer!
August 9	Ancient grains! What are they? How to cook them? Learn easy recipes to enjoy the grains our ancestors discovered!
September 13	Omega 3 fatty acids! Come learn about the health benefits of Omega 3's and taste some delicious recipes!
October 11	Pumpkin spice and everything nice! Sweet and savory recipes with pumpkin and fall spices!
November 8	Healthier holiday favorites! Introduce healthy twists to your favorite holiday recipes and stay on track this season!

All Cooking Demonstrations are held from 5:30 p.m. to 7:00 p.m. in the LMHF Wellness Zone at 3786 Broadway Street in Cheektowaga.

~ Classes are **FREE** to LMHF Active and Retiree Members ~

Call the LMHF office at (716) 601-7980 to make your reservation today!

Please have your insurance identification card to register.

We will take reservations up to two months in advance. PLEASE contact this office if you must cancel your reservation. In an effort to avoid vacancies in the class and to promote fairness to both the presenters and the members who are on the waiting list, we ask that registrations & cancellations be made by 12 noon on the Monday of its respective week. Missing three classes without notifying this office will result in the member being placed on the waiting list of future classes; they will then only be eligible to attend in the event of a cancellation/vacancy.

Must be at least 18 years of age to participate.

***For weather-related closings "Labor-Management Healthcare Fund Seminar"
check [CHANNEL 4](#) or [WIVB.COM](#)***

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