

2019 LMHF Wellness & Fitness Retreats at Beaver Hollow

<u>Title & Description of Retreat</u>	<u>Retreat Dates</u>	<u>Drawing Date</u>	<u>√ If Interested</u>
<p style="text-align: center;"><u>Expectant Parents</u></p> <p>Throughout this 3-day retreat, you will travel through pregnancy, introduction of a new baby into the family and post-partum. You will learn about nutrition, lactation, staying fit, DIY baby food and learning sleeping techniques.</p>	<p>Mon, Tue, Wed April 15, 16 & 17</p>	<p>March 4</p>	
<p style="text-align: center;"><u>Holistic</u></p> <p>Learn holistic wellness in this 2-day retreat. The experience includes reflexology, use of essential oils, mindfulness, meditation, healthy sleep, yoga, nutrition fundamentals</p>	<p>Mon & Tues May 6 & 7</p>	<p>March 25</p>	
<p style="text-align: center;"><u>Caregiver</u></p> <p>This 3-day retreat focuses on self-care for caregivers, what services are available for care and care assistance, when placement is appropriate, home safety, financial health, ensuring proper and legal documents are in order</p>	<p>Mon, Tue, Wed May 20, 21 & 22</p>	<p>April 1</p>	
<p style="text-align: center;"><u>Couch to 5K</u></p> <p>This 3-day retreat is designed to help you develop and begin a training program for a 5K. You will learn nutrition and fitness fundamentals needed for training and the recovery tools to help you train in a healthy, pain-free way.</p>	<p>Wed, Thurs, Fri May 22, 23 & 24</p>	<p>April 1</p>	
<p style="text-align: center;"><u>Family Weekend</u></p> <p>Bring your family to experience a healthy weekend filled with fitness, outdoor recreation, healthy food and quality time in a beautiful setting. Weather permitting, this retreat will include boating, fishing & bonfires.</p>	<p>Sat & Sun June 29 & 30</p>	<p>May 24</p>	
<p style="text-align: center;"><u>Spousal</u></p> <p>This 2-day retreat is based on the Five Love Languages for you and your spouse. The weekend will include assessments, skill building and fun. This includes an introduction to essential oils, couples massage and hands-on healthy cooking</p>	<p>Sat & Sun July 13 & 14</p>	<p>June 3</p>	
<p style="text-align: center;"><u>Healthy Cooking</u></p> <p>Join Chef Mark while you do hands-on cooking. Learn how to prep with veggies, meats & cooking knife skills.</p>	<p>Wed & Thurs July 17 & 18</p>	<p>June 7</p>	
<p style="text-align: center;"><u>Pain Management</u></p> <p>This 3-day retreat will teach you how to holistically manage pain. You will learn about nutrition and its impact on inflammation, fitness & mobility, sleep & stress, meditation & mindfulness.</p>	<p>Mon, Tue, Wed Aug 12,13,14</p>	<p>June 24</p>	
<p style="text-align: center;"><u>Jumpstart to Fitness</u></p> <p>This 3-day retreat is designed for beginners. It will help you get on the path to fitness. Includes assessments, getting to know your gym, group exercise, outdoor activities, nutrition, rest and recovery.</p>	<p>Mon, Tue, Wed Sept 9,10,11</p>	<p>July 29</p>	
<p style="text-align: center;"><u>Fit Camps</u></p> <p>This week-long Biggest Loser program will provide you with the tools and support you need to lead a healthy life. Days include nutrition education, 5-6 hours of exercise per day.</p>	<p>May 5 - 11 Sep 15-21 Oct 6-12</p>	<p>March 25 August 2 August 26</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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: _____

REMEMBER...

- Unless indicated, these programs offered to LMHF subscribers (active employees) only;
- 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

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 LMHF retreats, complete the requested information and

fax it to (716) 601-7984 **or mail** to:

Labor-Management Healthcare Fund, 3786 Broadway, Cheektowaga, NY 14227.

Family Run/Walkathon

September 7, 2019

LMHF Family Run/Walkathon is held at Beaver Hollow Conference Center.

See the enclosed flyer or visit our website: www.LMHF.net

This family event is a great opportunity to bring health and wellness support to your family through exercise, games and contests!

Open to the entire family. Remember – they must be LMHF members.

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

REGISTRATION DEADLINE IS August 9, 2019