



Labor-Management Healthcare Fund

2019 LMHF “For Retirees Only” Retreat Held at Beaver Hollow Conference Center, Java Center, NY

<u>Retreat Description</u>	<u>Retreat Start Date</u>	<u>Retreat End Date</u>	<u>Drawing Date</u>
This 2-day retreat is focused on healthy aging through proper nutrition and activity providing tools to increase strength, mobility and fitness. Includes fall prevention practices, an introduction to essential oils, reflexology, medication compliance and a prescription Q & A with a pharmacist.	October 15 Tuesday	October 16 Wednesday	September 6

Complete this entry form and mail or deliver it between January 1 – September 5, 2019, to the LMHF office located at 3786 Broadway Street, Cheektowaga NY 14227 or turn it in at one of the Retiree Wellness “Lunch & Learn” monthly seminars held at the Fairdale Banquet Center.

Member Name: _____

Former Employer: _____ Department: _____

IHA or BCBS ID Number: _____ Group Number: _____

Address:

(Street)

(City/Town)

(Zip)

Daytime Phone: _____

Cell: _____

Email: _____