



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 2019 Schedule for Retired LMHF Members

*Grab your passport! We're traveling around the world! Each month we will be tasting healthy traditional foods from the countries listed below!*



January 10	Italy
February 14	France
March 14	Greece
April 11	Spain
May 9	India
June 13	Jamaica
July 11	Germany
August 8	Brazil
September 12	Japan
October 10	The Dominican Republic
November 14	Australia



All Cooking Demonstrations are held from **11:30 a.m. to 1:00 p.m.** in the LMHF Wellness Zone at 3786 Broadway Street in Cheektowaga.

~ Classes are **FREE** to LMHF 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 member exclusion from future cooking classes.

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

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