



Labor-Management Healthcare Fund

## LMHF 2025 Active Employee Wellness Retreat Entry Form



Please Scan the QR Code or Visit [www.LMHFWellness.net](http://www.LMHFWellness.net)  
to enter the 2025 Retreat

<u>Title &amp; Description of Retreat</u>	<u>Retreat Dates</u>	<u>Entry Form Submission Deadline</u>	<u>✓ If Interested</u>
<p><b><u>From Garden to Life: Cultivating Wellness &amp; Nourishment</u></b> On the first day of spring, this retreat combines what was learned in the past retreats, "Grow Your Own Garden" &amp; "Garden to Table" and demonstrate how to apply them to every-day life. Refreshers will include planting &amp; harvesting, pest control, canning &amp; preserving, cooking, reading labels, healthy substitutions and nutrition. <b>This retreat is open to both active &amp; retired LMHF members and spouses who are also a LMHF member.</b></p>	Thursday March 20	Thursday February 20	<input type="checkbox"/>
<p><b><u>Empower Her: Nourishing Mind &amp; Body</u></b> This Women's retreat is designed to relax your mind &amp; body as well as teach you the importance of women's health. It will include presentations regarding breast and ovarian cancers, nutrition, mental health, exercise, post-partum, menopause, self-care and benefits of essential oils. <b>This retreat is open to both active &amp; retired LMHF members</b></p>	Thursday & Friday May 15 & 16	Monday April 7	<input type="checkbox"/>
<p><b><u>Men's Wellness Summit: Nourish, Strengthen, &amp; Strive</u></b> This Men's retreat is designed to relax your body &amp; mind as well as teach you the importance of men's health. It will offer information regarding breast and prostate cancer, nutrition, mental health, self-care, and fishing. <b>This retreat is open to both active &amp; retired LMHF members</b></p>	Thursday & Friday June 12 & 13	Monday May 5	<input type="checkbox"/>
<p><b><u>Family Day</u></b> Bring your family to experience a fun, healthy day filled with fitness, outdoor recreation, healthy food, and quality time in a beautiful setting. Families will have the opportunity to compete in a "biggest fish" fishing competition, enjoy crafting with youngsters, group team building &amp; games to get the whole Family Moving. <b>This retreat is open to active LMHF members and family members insured through LMHF</b></p>	Saturday August 2	Tuesday July 1	<input type="checkbox"/>
<p><b><u>Holistic Hiking</u></b> This retreat is designed for the experienced hiker. Enjoy sunrise yoga in the peaceful setting of Beaver Hollow. Engage in meditation, self-reflection, stretching &amp; controlled breathing exercises. Learn how to remain energized through presentations including hydration &amp; nutrition. And learn tools on insect and plant safety for navigating through trails. This retreat offers a holistic approach to wellness by blending physical activity with mindful practices for a truly enriched experience.</p>	Monday & Tuesday September 8 & 9	Monday August 4	<input type="checkbox"/>
<p><b><u>Revitalize Your Wellness</u></b> Learn how to focus on your body through self-care, mindfulness practices, sleep education, mental health, healthy eating habits, focused breathing &amp; fitness.</p>	Thursday & Friday September 25 & 26	Monday August 18	<input type="checkbox"/>
<p><b><u>Holistic Healing</u></b> This retreat will address the following topics: The essence of mental well-being, spirituality, self-reflection, peer connection exercises &amp; teambuilding. Learn how to address trauma and steps to move forward, creating a happier and healthier life. Learn tools to deal with and help overcome feelings of anxiety &amp; depression.</p>	Monday & Tuesday October 6 & 7	Monday September 8	<input type="checkbox"/>
<p><b><u>Ready, Set, Respond: Emergency Preparedness</u></b> Demonstrations will include how to prepare for a Natural Disaster or Emergency. Learn preparedness, packing emergency bags for your home and car, essential to have in case of an emergency, what to do in the event of a fire or natural disaster. A class entitles, "Stop the Bleed" will also be offered. <b>This retreat is open to active members and spouses who are also a LMHF member.</b></p>	Friday October 24	Monday September 15	<input type="checkbox"/>
<p><b><u>*Fit Camp*</u></b> This is a week-long Biggest Loser program. Days include nutrition education and 5-6 hours of exercise per day.</p>	Sunday – Saturday April 6 - 12	Monday March 3	<input type="checkbox"/>