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to enter the 2025 Retreat / Cooking Demo Lottery!

LMHF Cooking Demonstrations

LMHF has scheduled Cooking Demonstrations to be held at Complete Wellness Arts & Science Center, 1515 Kensington Avenue. Buffalo, NY 14215. The presentations will be led by Chef Stephen Foreman, owner of Thyme-N-Honey, and presented live for our members.

Please review the schedule below and check the sessions that you would be interested in attending. A lottery will be drawn 2 weeks prior to the session date. If selected, members will be notified of the menu and specific demonstration details.

<u>Session Date</u>	<u>Time</u>	<u>“YES” If Interested</u>
Wednesday, April 9, 2025	5:00 p.m. - 6:30 p.m.	
Wednesday, July 9, 2025	1:00 p.m. - 2:30 p.m.	
Wednesday, October 8, 2025	5:00 p.m. - 6:30 p.m.	
Wednesday, December 10, 2025	1:00 p.m. - 2:30 p.m.	

Member Name: _____

Phone: _____

Employer: _____

Dept: _____

Insurance ID Number: _____

Email Address: _____