2020 LMHF Wellness & Fitness Retreats at Beaver Hollow

Title & Description of Retreat		Retreat Dates	<u>Drawing</u> <u>Date</u>	√ If Interested
Dealing with Grief/Loss – Open to Actives & Retirees Understand the 7 stages of grief. Learn to maintain self–care, nutrition & eating habits, relaxation techniques and establishing a plan to move forward mentally and physically.		Saturday & Sunday March 28 & 29	January 24	
Workplace Issues Learn to create a balance in your work life. Work on solving conflicts and developing communication skills. Gain experience in fitness routines to fit in a busy lifestyle.		Friday April 17	February 4	
Saving Lives Equip yourself to handle emergency situations. Learn how to safely stop the bleed, build emergency plans, prepare your car/house, handle active shooter, robbery, or assault situation.		Monday & Tuesday April 27 & 28	March 10	
Gardening for Your Health Learn what the healthy benefits gardening can provide, along with the different types of gardening. Enjoy hands-on gardening, and the importance of food sourcing.		Friday & Saturday May 15 & 16	March 31	
Mindfulness Tips on how manage stress, relaxation, and proper sleep techniques will be provided. Focus on healthy eating and mindful exercising. Manage trauma & triggers.		Sunday & Monday June 7 & 8	April 7	
Energize Your Life Build energy with exercise. How eating healthy can affect your mood, mind and body.		Friday June 19	April 15	
Family Weekend Bring your family to experience a fun, healthy weekend filled with fitness, outdoor recreation, healthy food and quality time in a beautiful setting.		Saturday & Sunday June 27 & 28	April 28	
Holistic This experience includes reflexology, use of essential oils, mindfulness, meditation, healthy sleep, yoga and nutrition fundamentals.		Thursday & Friday July 9 & 10	May 13	
Spousal You and your spouse will focus on the Five Love Languages. This fun weekend will include assessments, skill building, introduction to essential oils, couples' massage and hands-on healthy cooking.		Saturday & Sunday July 18 & 19	May 26	
Self-Defense Acquire skills related to self-protection & defense. Correct techniques and tactics will be taught and as a legal justification for the use of force in times of immediate danger.		Monday & Tuesday August 3 &4	June 24	
Breast Cancer Survival & Awareness - Open to Actives & Retirees This retreat focuses on looking forward. It will also teach you about stress management and relaxation.		Thursday & Friday October 1 & 2	August 28	
Preparing for Retirement Learn how to stay fit during your retirement with hobbies, habits and healthy cooking. Understand your benefits.		Friday October 9	August 18	
Hiking Enjoy this retreat while building endurance and training for terrain. Also, hands-on healthy cooking, and an off-site hike and picnic at Letchworth State Park.		Friday & Saturday Sept 11 & 12	July 22	
Fit Camps This week-long Biggest Loser program will provide you with lead a healthy life. Days include nutrition education and		May 18 – 22 Sept 20 –26	March 31 June 23	
Member Name:				
Employer: Department:				
BCBS ID Number: Group N		umber:		
Address:				_
(Street)		(City/Town)		
Daytime Phone: Cell:	Email A	ddress:		

For spousal retreat, please complete: 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 <u>www.LMHF.net</u>

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.