

## LMHF 2022 Wellness & Fitness Retreat Entry Form

<u>Title &amp; Description of Retreat</u>	<u>Retreat Dates</u>	<u>Entry Form Submission Deadline</u>	<input checked="" type="checkbox"/> If Interested
<b><u>Anxiety Awareness &amp; Management</u></b> Learn healthy ways to prevent and relieve anxiety. You will also be provided with tools for stress management and relaxation.	Thursday & Friday March 24 & 25	Wednesday February 2	
<b><u>Couch to 5K</u></b> This 2-day retreat is designed to help you develop and begin a training program for a 5K. You will learn nutrition and fitness fundamentals needed for training and the recovery tools to help train you in a healthy, pain-free way.	Wednesday & Thursday April 13 & 14	Monday February 28	
<b><u>Saving Lives</u></b> Equip yourself to handle emergency situations. Learn how to safely stop the bleed, build emergency plans, prepare your car and home, handle an active shooter situation, robbery, and assault.	Thursday & Friday May 19 & 20	Friday April 1	
<b><u>Pandemic Reset</u></b> This retreat focuses on getting back to a "normal" way of life during and after the pandemic. Learn methods of how to return to a healthy lifestyle.	Wednesday & Thursday June 15 & 16	Friday April 29	
<b><u>Healthy Cooking</u></b> While you do hands-on cooking, learn how to prep with veggies and meat, along with cooking knife skills.	Thursday & Friday July 14 & 15	Friday June 10	
<b><u>Family Weekend</u></b> 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 August 13 & 14	Friday June 17	
<b><u>Hiking</u></b> Enjoy this retreat while building endurance and training for terrain.	Thursday & Friday September 8 & 9	Friday July 18	
<b><u>Cancer Survival &amp; Awareness</u></b> This retreat will help cancer survivors to look and plan forward. It will provide tools for relaxation and managing stress.	Thursday & Friday September 29 - 30	Thursday July 28	
<b><u>*Fit Camps*</u></b> This is a week-long Biggest Loser program. Days include nutrition education and 5-6 hours of exercise per day.	Sunday - Saturday May 15 - 21 Sept 18 - 24	Tuesday, March 29 Friday, July 29	<input type="checkbox"/> <input type="checkbox"/>

If you are interested in attending any of the retreats, please submit the enclosed entry form. Raffles will be held on the entry form deadline indicated on this form. If you are selected, you will be notified by the LMHF office and at that time, provided with the forms required to attend and the deadline date for submitting the completed documents. Your entry form may be scanned, emailed, faxed, mailed to LMHF office via U.S. mail or placed in the locked mailbox located outside (and in front) of the LMHF office building. All retreats will be held at Beaver Hollow Conference Center/Biggest Loser Resort, 1083 Pit Road in Java, New York. Applicants will be notified by phone of their attendance status. Your health and safety are our number one priority. NYS Guidelines concerning Covid will be followed.

Member Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(Include Area Code)

Employer: \_\_\_\_\_ Department: \_\_\_\_\_

BCBS/Highmark ID Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Home Address: \_\_\_\_\_  
(Street) (City/Town) (Zip)

Email Address: \_\_\_\_\_

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[www.LMHF.net](http://www.LMHF.net)

Please note: The Anxiety Awareness & Cancer Survival Retreats are open to both active employees and retirees.

For email submissions, please send to Tammy Pudlewski at [Tammy.Pudlewski@lmhf.net](mailto:Tammy.Pudlewski@lmhf.net)