

## LMHF 2023 Active Employee 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
<p style="text-align: center;"><b><u>Recovering from Illness &amp; Injury</u></b> How inflammation affects the body. Learn about hydration, breathing, medication &amp; recovery.</p>	Monday & Tuesday March 27 & 28	Monday January 30	
<p style="text-align: center;"><b><u>Holistic Health</u></b> Focuses on relaxing the mind &amp; body. Includes sessions on meditation, nutrition &amp; yoga.</p>	Monday & Tuesday April 3 & 4	Monday March 6	
<p style="text-align: center;"><b><u>Dance Your Way to Health</u></b> Get ready to dance your socks off at this retreat. Learn many styles of dance. Get a great workout &amp; have a blast doing it. <b>This retreat is open to Active Members &amp; Spouses, covered by LMHF insurance</b></p>	Thursday & Friday April 27 & 28	Monday March 27	
<p style="text-align: center;"><b><u>Grow Your Own Garden</u></b> Learn a variety of skills to help you grow your garden. Hands-on activities. Attend several different workshops highlighting topics such as nutrition, cooking with herbs, veggie basics. <b>This retreat is open to both Active &amp; Retired LMHF Members &amp; Spouses (also insured through LMHF)</b></p>	Thursday & Friday June 15 & 16	Monday March 13	
<p style="text-align: center;"><b><u>Yoga &amp; Mindfulness</u></b> Relax at this calming retreat, where you will learn several different styles of yoga, and participate in mindful meditation sessions.</p>	Monday & Tuesday July 24 & 25	Monday June 26	
<p style="text-align: center;"><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. <b>If interested in this retreat, please see reverse side of this document.</b></p>	Saturday & Sunday August 5 & 6	Monday June 26	
<p style="text-align: center;"><b><u>Hiking</u></b> <b>Not for Beginners! Build endurance and train for terrain.</b></p>	Monday & Tuesday August 28 & 29	Monday July 31	
<p style="text-align: center;"><b><u>Living for a Purpose – Suicide Prevention &amp; Awareness</u></b> Focused on determining the purpose of your life, steps to live a life of purpose and how to transform your life through self-discipline. Learn the importance of surrounding yourself with people who will help you stay committed to living a life of purpose and becoming a torchbearer for others in need. <b>Open to Active &amp; Retired LMHF Members &amp; Spouses covered by LMHF insurance.</b></p>	Thursday & Friday September 14 & 15	Monday August 14	
<p style="text-align: center;"><b><u>For Veterans ONLY</u></b> Whole health retreat teaching the tools needed for self-care, coping, addressing the family, social, spiritual, and emotional components. <b>This retreat is open to both Active &amp; Retired LMHF Veteran Members</b> <b>Members must provide proof of Military Service</b></p>	Thursday & Friday November 9 & 10	Monday October 9	
<p style="text-align: center;"><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.</p>	Sunday – Saturday Feb 19 - 25 April 30 – May 6	Friday, February 3 Monday, March 27	<input type="checkbox"/> <input type="checkbox"/>

If interested in attending any of the above retreats, please complete this entry form (front & back) and return it to LMHF. This form may be scanned, emailed, faxed, mailed to LMHF office via U.S. mail, or placed in the locked mailbox located outside of the LMHF office building. Raffles will be held on the submission deadline date indicated on this form. If selected, winners will be notified by the LMHF office via phone. At that time winners will be provided with additional details regarding the retreat and the documents required to attend. If documents are not received by the due date, the entry will be disqualified. All retreats will be held at Beaver Hollow Conference Center/Biggest Loser Resort, 1083 Pit Road in Java, New York. Your health and safety are our number one priority. NYS Guidelines concerning Covid will be followed.

*Complete Reverse Side*

Member Name	
Employer	
Group I.D. Number	
BCBS/Highmark I.D. Number	
Home Street Address	
City/Town	
Zip Code	
Phone Number Include Area Code	
Email Address	

**Complete the following if spouse is entering raffle for an authorized retreat**

Spouse Name	
BCBS/Highmark I.D. Number	

**Veterans Retreat - Member must provide proof of Military service**

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