



Labor-Management Healthcare Fund

Labor-Management Healthcare Fund is the administrator of health, prescription, and dental coverage. It is our goal to help ensure your overall satisfaction with our program, plans of benefits offered, performance of insurance carriers, as well as all customer service conduct.

LMHF Healthy Cooking Demonstrations 2020 Schedule for Active LMHF Members

Grab your passport! We're traveling around the world! Each month we will be tasting healthy traditional foods as listed below!



January 9	Mexican
February 13	Chinese
March 12	Thai
April 9	Vietnamese
May 14	Ukrainian
June 11	Lebanese
July 9	Polish
August 13	African
September 10	Belgium
October 8	English
November 12	Irish



All Cooking Demonstrations are held from 5:30 p.m. to 7:00 p.m. in the LMHF Wellness Zone at 3786 Broadway Street in Cheektowaga.

~ Classes are **FREE** to LMHF Active Members ~

Call the LMHF office at (716) 601-7980 to make your reservation today!

Please have your insurance identification card to register.

We will take reservations up to two months in advance. PLEASE contact this office if you must cancel your reservation. In an effort to avoid vacancies in the class and to promote fairness to both the presenters and the members who are on the waiting list, we ask that registrations & cancellations be made by 12 noon on the Monday of its respective week. Missing three classes without notifying this office will result in member exclusion from future cooking classes.

Must be at least 18 years of age to participate.

*For weather-related closings "Labor-Management Healthcare Fund Seminar" check **CHANNEL 4** or WIVB.COM*

3786 Broadway Street
Cheektowaga, NY 14227
Phone (716) 601-7980 ♦ Fax (716) 601-7984
www.LMHF.net