



Labor-Management Healthcare Fund

90 Anderson Road,
 Cheektowaga, New York 14225
 Phone (716) 601-7980 † Fax (716) 601-7984
www.LMHF.net

LMHF 2023 Wellness & Fitness Retiree Retreat Entry Form

<u>Retreat Description</u>	<u>Retreat Start Date</u>	<u>Retreat End Date</u>	<u>Entry Form Submission Deadline</u>	<u>√ If interested</u>
<p style="text-align: center;"><u>Grow Your Own Garden</u></p> <p>Learn a variety of skills to help you grow and tend to your own garden. Hands-on activities. Several different workshops highlighting topics such as nutrition, cooking with herbs, veggie basics.</p> <p>This retreat is open to both active & retired LMHF members & their spouses (also insured through LMHF)</p>	Thursday June 15	Friday June 16	Monday March 13	
<p style="text-align: center;"><u>Living for a Purpose – Suicide Prevention & Awareness</u></p> <p>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.</p> <p>This retreat is open to both active & retired LMHF members & their spouses (also insured through LMHF)</p>	Thursday September 14	Friday September 15	Monday August 14	
<p style="text-align: center;"><u>Retiree (Only) Retreat</u></p> <p>Focus on healthy aging through proper nutrition and activity. Provides tools to increase strength, mobility, and fitness. Includes fall prevention practices, an introduction to sleep health, and how music can positively affect the brain.</p>	Monday October 2	Tuesday October 3	Monday August 28	
<p style="text-align: center;"><u>Veterans</u></p> <p>This retreat is for Veterans only. Whole health retreat teaching the tools needed for self-care, coping, addressing the family, social, spiritual and emotional components.</p>	Thursday November 9	Friday November 10	Monday October 9	

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	
Former Employer	
Group I.D. Number	
BCBS/Highmark I.D. Number <i>OR</i>	
Independent Health 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 <i>OR</i>	
Independent Health I.D. Number	

Veterans Retreat - Member must provide proof of Military service

For email submissions, please send to Tammy.Pudlewski@lmhf.net

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