



Labor-Management Healthcare Fund

2020 LMHF “For Retirees Only “Retreat Held at Beaver Hollow Conference Center, Java Center, NY

<u>Retreat Description</u>	<u>Retreat Start Date</u>	<u>Retreat End Date</u>	<u>Drawing Date</u>	<u>√ If Interested</u>
<u>Dealing with Grief/Loss</u> 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 March 28	Sunday March 29	January 24	
<u>Retiree Retreat</u> This 2-day retreat is focused on healthy aging through proper nutrition and activity providing tools to increase strength, mobility and fitness. Includes fall prevention practices, an introduction to essential oils, reflexology, medication compliance and a prescription Q & A with a pharmacist.	October 13 Tuesday	October 14 Wednesday	August 17	
<u>Breast Cancer Survival & Awareness</u> This retreat focuses on looking forward. It will also teach you about stress management and relaxation.	Thursday October 1	Friday October 2	August 28	

Please be sure to only check the retreats above that you are interested in attending. Submissions must be received by LMHF at least one day prior to the date of drawing. Return form to the LMHF office located at 3786 Broadway Street, Cheektowaga NY 14227 or turn it in at one of the Retiree Wellness “Lunch & Learn” monthly seminars held at the Fairdale Banquet Center.

Member Name: _____

Former Employer: _____ Department: _____

IHA or BCBS ID Number: _____ Group Number: _____

Address:

(Street)

(City/Town)

(Zip)

Daytime Phone: _____

Cell: _____

Email: _____