



Labor-Management Healthcare Fund

LMHF 2025 Retired Employee Wellness Retreat Lottery Entry Form



Please Scan the QR Code or Visit www.LMHFWellness.net
to enter the 2025 Retreat Lottery!

<u>Title & Description of Retreat</u>	<u>Retreat Dates</u>	<u>Entry Form Submission Deadline</u>	<u>✓ If Interested</u>
<u>From Garden to Life: Cultivating Wellness & Nourishment</u> On the first day of spring, this retreat combines what was learned in the past retreats, "Grow Your Own Garden" & "Garden to Table" and demonstrate how to apply them to every-day life. Refreshers will include planting & harvesting, pest control, canning & preserving, cooking, reading labels, healthy substitutions and nutrition. This retreat is open to both active & retired LMHF members and spouses who are also a LMHF member.	Thursday March 20	Thursday February 20	<input type="checkbox"/>
<u>Empower Her: Nourishing Mind & Body</u> This Women's retreat is designed to relax your mind & body as well as teach you the importance of women's health. It will include presentations regarding breast and ovarian cancers, nutrition, mental health, exercise, post-partum, menopause, self-care and benefits of essential oils. This retreat is open to both active & retired LMHF members	Thursday & Friday May 15 & 16	Monday April 7	<input type="checkbox"/>
<u>Retiree Retreat</u> Focus on healthy aging through proper nutrition and activity. Learn tools to increase strength, mobility and fitness activities. Includes fall-prevention practices, introduction to sleep health, water aerobics, & healthy tips to manage anxiety & depression. Due to capacity this retreat will be offered twice. Members may attend one.	Monday & Tuesday June 2 & 3 Monday & Tuesday June 9 & 10	Monday May 5	<input type="checkbox"/>
<u>Men's Wellness Summit: Nourish, Strengthen, & Strive</u> This Men's retreat is designed to relax your body & mind as well as teach you the importance of men's health. It will offer information regarding breast and prostate cancer, nutrition, mental health, self-care, and fishing. This retreat is open to both active & retired LMHF members	Thursday & Friday June 12 & 13	Monday May 5	<input type="checkbox"/>

Member Name: _____

Phone: _____

Employer: _____

Dept: _____

Insurance ID Number: _____

Email Address: _____