

# LMHF Retiree Wellness 2018

## Retiree Seminars at the Fairdale Banquet Center (672 Wehrle Drive, Amherst NY)

Retiree “lunch & learn” wellness seminars are held on Wednesdays from 11:30 a.m. to 1:00 p.m. on the following dates. All LMHF sponsored seminars are strictly for LMHF members. When making phone reservations, retirees must provide their BCBS, PBD or Independent Health identification number to validate their LMHF membership. In addition, when attending the seminar, attendees must produce their identification card. Please make all reservations and cancellations by 12:00 p.m. on the Monday before the seminar.

January 17, 2018	Fight The Winter Blues
February 21, 2018	Soup For You
March 21, 2018	Healthy Home & Body
April 18, 2018	Sleep Better Feel Better
May 16, 2018	Get Ready For Summer
June 20, 2018	Summer Fitness
July 18, 2018	Step Up To The Plate
August 15, 2018	Healthy Lunches At Home & On The Go
September 19, 2018	Just The Facts (About Vaccines)
October 17, 2018	Get Fit With Mr. Fitness
November 21, 2018	Secrets For A Healthy Holiday

**Limited Seating!** Please call the LMHF office at 601-7980 to make your reservation today!

**REMINDER:** Please bring your BlueCross BlueShield or Independent Health identification card with you.

**\*\* Please check [CHANNEL 4](#) or [WIVB.COM](#) for any weather related closings  
“Labor Management Healthcare Seminar”**

## Two-Day Wellness Retreat at Beaver Hollow

October 2 & 3, 2018

This two-day retreat is all-inclusive and consists of an overnight stay at Beaver Hollow in Java Center, NY, nutritious meals, educational courses and structured exercise activities. This is an amazing opportunity to take charge of your health and wellness in a restful and picturesque setting. Retirees can complete an entry form between January 1 - August 17, 2018 at the LMHF office located at 3786 Broadway, Cheektowaga NY 14227, at the Retiree Seminars held at the Fairdale Banquet Center or call the LMHF office at (716) 601-7980 to request an entry form.