

LMHF Retiree Wellness 2017

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 18, 2017	Kick-start Cooking Demo
February 15, 2017	Depression Session
March 15, 2017	Sugar Savy
April 19, 2017	Summer Shape Up
May 17, 2017	Financial Well Being
June 21, 2017	Train For A Healthy Brain
July 19, 2017	Vitamins & Supplements, What You Need To Know
August 16, 2017	The Heat Is On
September 20, 2017	Balancing Act
October 18, 2017	Winter Awareness Brr!
November 15, 2017	Wrap Up Your Year Cooking Demo

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 16 & 17, 2017

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 25, 2017 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.**