



“Health is Not Simply the Absence of Sickness”

**LMHF** in conjunction with **BCBSWNY** held a

**Very Successful Healthy Mind and Body Retreat  
On June 22-23, 2011  
At Tamarack Club at Holiday Valley in Ellicottville**

The attendees learned about Nutrition and Stress Management  
This retreat included a Cooking Class, Hiking, various aerobics, spa massages, yoga, Reiki,  
meditation and acupuncture. Overnight stay and meals were included

Some of the comments received following the retreat were:

*“You gave us the tools, but went a step further and gave us the accessories we can use to get started right away on a new and better lifestyle.”*

*This resulted in a great feeling of accomplishment. I made some new friends and gained a lot of information about stress reduction and nutrition.”*

*“LMHF Staff were readily available, extremely helpful & did an awesome job putting everything together.”*

*“This was a step above fantastic and I would love to attend again!”*

*“Actually, I was a little surprised about how relevant and helpful the course content was. None of it was boring! All of the instructors were knowledgeable and engaging.”*

*“The retreat was unbelievable and exceeded by expectations by far.”*