

2018
WINTER

Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!



He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?"
Mark 4:39-40

Christ Memorial Health Center
CMHealthCenter.org

Fitness Center and R.E.H.A.B *

**Orientation required for use of fitness center*

Fitness Center Hours:

Mon – Sat: 8am – 11am

Mon – Thurs: 3pm – 9pm

(FC closed from 11am-3pm for REHAB)

R.E.H.A.B. By appt. only

We offer a free, safe, comfortable atmosphere in which to exercise. Call 314-631-0304 for upcoming orientation dates.

We also offer a FREE rehabilitation program; Rehabilitation, Education, Health, And Blessings—R.E.H.A.B. Call Lisa, 314-722-2106, for an appointment.

Need a little help getting motivated? We have a Personal Trainer and Health Coach to help guide and encourage you.

Call 314-722-2106 to schedule an appointment for either of these services.

CHANGE FOR THE BOTTLE

Christ Memorial Health Center (CMHC) supports the Christ Memorial Lutheran Church *Loved + Sent* focus. Because we are loved in Christ and sent into the world, we want to reach others who are in need or hurting. Our goal is to do this on a quarterly basis; choosing a different organization. In December we bought 60 reading books for Bethlehem Lutheran School grades K-2nd.

Look for info to come on our next project. The bottle is located in the Fitness Center.

Thank you in advance for your help.

GO! ST. LOUIS 2018

Registration is underway for GO! St. Louis Marathon & Family Fitness Weekend held April 7 & 8, 2018. Christ Memorial Health Center (CMHC) is encouraging participation in the 2018 GO! St. Louis. CMHC sponsors this event to encourage fitness and raise operational funds through sponsors.

CMHC is extremely excited and honored to have been chosen as a 2018 GO! For a Cause Charity.

Once participants commit to the CMHC team, they will need to use the following code (**CMHC18**) when registering for the race at (<http://register.chronotrack.com/r/32181>).

Does your schedule or health prevent you from participating in this weekend? Don't worry, you can show your support by sponsoring one of our runners/walkers. Or consider volunteering throughout the weekend at any number of places. For questions or additional information please contact Donna Wilkinson at 314-631-0304, donna.wilkinson@cmstl.org, or go to CMHC's website at CMHealthCenter.org.

GO!
St. Louis®

FAMILY FUN

Join us next month, February 2018, for games and exercise. It may be cold outside, but it doesn't mean we can't have some fun inside. Lisa Hale, from Z Total Body will lead us in this exciting event. Look for more info to come.
<http://www.ztotalbody.net>



They spit on him, and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him. Matthew 27:30-31



CHILI SUPPER

Join us Sunday, January 28, 2018 from 12pm-6pm for Christ Memorial Men's Club chili supper. Enjoy delicious chili, hot dogs, or tamales. All for the price of a 'FREE WILL' offering.

Carry out is also available.
(Proceeds to benefit hurricane relief work.)

CHRIST MEMORIAL PRODUCTIONS

Join Christ Memorial Productions (CMP) for a Trivia Night at Christ Memorial Lutheran Church, 5252 S. Lindbergh Blvd.

Friday, April 20th.

Doors open at 6:30 pm, trivia starts at 7 pm.
For reservations:

Tickets@cmpshows.org or 314-223-3163
\$20 Admission—Tables of 8—Cash prizes
For more details go to: CMPSHOWS.org

HOW TO DONATE TO CM HEALTH CENTER

If you would like to make a donation, please send a check made payable to:

"Christ Memorial Lutheran Church" with "Health and Fitness" in the memo line, and mail to:

Christ Memorial Lutheran Church
5252 S. Lindbergh Blvd.
St. Louis, MO 63126

ATTN: Health and Fitness Center

By donating to Christ Memorial Health Center, your contribution helps support these programs:

- Fitness Center (new and/or updated equipment)
- FREE R.E.H.A.B. Program
- Fitness classes (Stretch, Yoga)

THANK YOU FOR YOUR SUPPORT!

LENTEN WORSHIP OPPORTUNITIES

**Join us Wednesdays at:
Noon, 5:15 p.m., or 7 p.m.**

February 14—Ash Wednesday

February 21

February 28

March 7

March 14

March 21

Soup Supper served 5:30 p.m. to 6:45 p.m. on Wednesdays.

HOLY WEEK SERVICES

March 25 Palm Sunday — 7:45am, 9am & 10:45am

March 29 Maundy Thursday — 7pm only

March 30 Good Friday — Noon, 5pm & 7pm

March 31 Easter Vigil — 5pm

April 1 Easter Sunday — 7:45am, 9am & 10:45am

SOUP SUPPER SPONSORED BY THE HEALTH CENTER

Join us **Wednesday, February 21, 2018** for soup supper. The Health Center staff and volunteers will provide food for this week. There is a 'FREE WILL' offering with proceeds to benefit the Health Center. Thank you in advance for your support.

EXERCISE CLASSES

It's not too late to join Yoga class on Thursdays, from 6:30 pm to 7:30 pm. Also, Tuesday morning exercise from 9:00 am to 10:00 am. If you are interested in joining one of the above, please call Carolyn Crisler at 314-631-0304 x2312.

Christ Memorial Lutheran Church * Loved in Christ—Sent into the World

5252 S. Lindbergh Blvd. Campus, St. Louis, MO 63126 * 314-631-0304

Traditional Worship

Saturday 5 PM

Sunday 7:45 AM & 9 AM

Reliant Church (Crave Coffee House) 3500 Caroline Street, St. Louis, MO 63104

Worship

11:15 AM

Contemporary Worship

Sunday 10:45 AM

Bible Classes/Connections

9 AM and 10:00 AM

