

SPRING
2018

Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!



Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. John 20:1

**MANY THANKS TO OUR
2018 GO! STL CORPORATE
SPONSORS FOR THEIR GENEROUS
SUPPORT.**

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.



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ANOTHER SUCCESSFUL GO!

We would like to thank all those who participated in the 2018 GO! If you ran, walked, volunteered, sponsored the team, or prayed, your support is most appreciated. We had 50+ runners from Christ Memorial and 37 kids who participated in the Read, Right, & Run from Green Park Lutheran School. In addition, we are little ways from our goal of \$20,000. We have many to thank for getting us to this point; especially our corporate sponsors.

You have until April 30th to donate

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They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have. Luke 24:37-39



EXERCISE CLASSES

Join us any time, Fit & Fun class Tuesday mornings, 9am-10am and Yoga class Thursday evening, 6:30pm-7:30pm. If you would like to sign up for either class, please call Carolyn Crisler at 314-631-0304 x2060.

JOIN CMP FOR TRIVIA NIGHT

Christ Memorial Productions (CMP) is hosting *Off to See the Wizard* Trivia Night at Christ Memorial Lutheran Church, 5252 S. Lindbergh; Friday, April 20th. Doors open at 6:30pm, trivia starts at 7pm. For reservations: Tickets@cmpshows.org or 314-223-3163. \$20 Admission--Tables of 8--Cash prizes For more details go to: CMPSHOWS.org

ATTIC TREASURE SALE

Christ Memorial Women's Guild will have their Spring Attic Treasure sale April 18, 7:30am to 7pm, April 19, 7:30am-5pm, and April 20, 8:30am-11:30am. For questions or additional information, please call Jane Schmidt at 314-892-0653.

VACATION BIBLE SCHOOL

Christ Memorial Lutheran Church
June 11-15, 2018
Bring your children, grandchildren, friends and neighbors. Always a wonderful place to learn about Jesus

IT'S TIME FOR BBQ

Join us Saturday, April 21, 11 am to 6 pm for delicious BBQ cooked by Christ Memorial Men's Club. Dinner or sandwich plates of pulled pork, pork steaks, bratwurst, chicken, pork ribs or hot dogs with sides of baked beans, cole slaw or potato salad. The Men's Club will be donating proceeds from the BBQ to CM Health Center. In addition to BBQ, there will be a bake sale hosted by the CMHC.

ADDITIONAL BBQ DATES

May 19	June 16
July 21	August 18
September 15	October 20



CHILD CARE SUMMER CAMP

There is still time to register a child or grandchild at the Christ Memorial Child Care Center (CMCCC) for summer camp. Call 314-631-0992 or visit www.cmchildcare.org for more info. CMCCC camp will have special activities including field trips, a soccer session, themed days and VBS at Christ Memorial Lutheran Church.

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

5252 South Lindbergh Campus STL MO 63126 * 314-631-0304

Traditional Worship

Saturday 5 PM
Sunday 7:45 & 9:00 AM

Contemporary Worship

Sunday 10:45 AM

Bible Classes/Connections

9:00 AM and 10:00 AM

Reliant Church (Crave Coffee House) 3500 Caroline Street STL MO 63104

Worship

11:15 AM

