



# Christ Memorial Fitness Witness Tips for healthy mind, body, & spirit!

Christ Memorial Health Center <u>CMHealthCenter.org</u> Fitness Center and R.E.H.A.B \* <u>\*Orientation required for use of fitness center</u>

#### Fitness Center Hours:

Mon – Sat: 8am – 11am (FC closed from 11am-3pm for REHAB) Mon – Thurs: 3pm – 9pm

R.E.H.A.B. Program Hours (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 called **R**ehabilitation, **E**ducation, **H**ealth, **A**nd **B**lessings—R.E.H.A.B. The Nurse takes appointments Mon-Fri from 11am– 3pm. For info call 314-722-2106.

Need a little help getting motivated? We have a Personal Trainer. Call 314-722-2106 to leave a message for Diane.

We also have a Health Coach to help train, guide, and encourage you. Call Chris Wilson at 314-631-0304 ext. 2060 for more info.



#### WELCOME!

The Health Center is excited to welcome Susan Jones as our Provisional Director. Susan's key objective is to develop a sustainable funding model for the future of CMHC. She will also evaluate and explore possibilities of growing and expanding upon current services and programs for the future of our Health Center.

#### MANY THANKS TO OUR 2018 GO! STL CORPORATE SPONSORS FOR THEIR SUPPORT









## a catalyst for change









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He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:29-31



#### EXERCISE CLASS

Yoga class continues on Thursdays, 6:30pm-7:30pm. Also, our Tuesday, Fit & Fun class continues, 9am-10am. Both classes run for 8 weeks. If you are interested in the above or other fitness information, please call Carolyn Crisler at 314-631-0304 x2060.

#### **BBQ INFO**

Join us on the third Saturday of the month from 11am to 6pm for delicious BBQ cooked by Christ Memorial Men's Club. Dinner or sandwich plates of pulled pork, pork steaks, brat-wurst, chicken, pork ribs or hot dogs with sides of baked beans, cole slaw and potato

salad.

Remaining BBQ DatesJuly 21August 18September 15October 20Come support our Men's Club by picking up<br/>BBQ on the dates listed above.

#### HOW TO DONATE TO CM HEALTH CENTER

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

"<u>Christ Memorial Lutheran Church</u>" 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 & 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 (Luther's Loser, Cardio, Stretch)

#### THANK YOU FOR YOU SUPPORT!

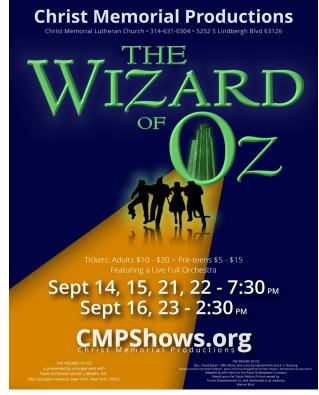


#### **HAPPY RETIREMENT!**

Most of you may know that Pastor Bill Simmons retired at the end of June. He has been a critical part of this ministry. You could say it's part of his-DNA. He has facilitated many new and exciting ideas over the years for the CMHC. But now it is time for him to relax and enjoy time with his wife and family. We will miss him around the Fitness Center. We wish him God's blessings in this new chapter.

THANKS FOR THE MEMORIES PASTOR BILL!

### JOIN US THIS FALL FOR:



Tickets for adults will range in price from \$10 – \$20; pre-teens from \$5 - \$15 and will be made available beginning August 4 at 3 pm both online and at Christ Memorial Lutheran Church.

# Christ Memorial Lutheran Church \* Loved in Christ. Sent into the World.5252 S. Lindbergh Campus St. Louis MO 63126 \* 314-631-0304Traditional Worship<br/>Saturday 5 PMContemporary Worship<br/>Sunday 10:45 AMBible Classes/Connections<br/>9 AM & 10 AMSunday 7:45 & 9 AMReliant Church (Crave Coffee House) 3500 Caroline Street St. Louis MO 63104Worship



11:15 AM