

**SUMMER  
2018**



# Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!



CMHealthCenter.org

Christ Memorial Health Center  
[CMHealthCenter.org](http://CMHealthCenter.org)  
**Fitness Center and R.E.H.A.B \***  
*\*Orientation required for use of fitness center*

**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 **Rehabilitation, Education, Health, And Blessings—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.

**MANY THANKS TO OUR  
2018 GO! STL CORPORATE  
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*We're Your Party People*



## 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.

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 Dates**

**July 21**                      **August 18**  
**September 15**          **October 20**

Come support our Men's Club by picking up 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:

**"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 & 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!**

**Christ Memorial Lutheran Church \* Loved in Christ. Sent into the World.**

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

**Traditional Worship**      **Contemporary Worship**      **Bible Classes/Connections**

Saturday 5 PM

Sunday 10:45 AM

9 AM & 10 AM

Sunday 7:45 & 9 AM

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

**Worship**

11:15 AM



### **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:**

**Christ Memorial Productions**  
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**THE WIZARD OF OZ**

Tickets: Adults \$10 - \$20 - Pre-teens \$5 - \$15  
Featuring a Live Full Orchestra

**Sept 14, 15, 21, 22 - 7:30 PM**  
**Sept 16, 23 - 2:30 PM**

**CMPShows.org**  
Christ Memorial Productions

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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.

