

2019

Christ Memorial Fitness Witness

Tips for healthy mind, body, & spirit!



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

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

Mon – Thurs: 3pm – 9pm

We offer a free, safe, comfortable atmosphere in which to exercise.

Call 314-631-0304 for 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 Lisa at 314-722-2106

R.E.H.A.B. Program Hours (by appt. only)

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.

LACE UP YOUR RUNNING SHOES

Christ Memorial Health Center (CMHC) will again host a team for the 2020 GO! St. Louis Marathon and Family Fitness Weekend; March 28-29.

Registration is now open. Go to

<https://gostlouis.org/events/marathon-family-fitness-weekend/> for more information and to register.

The weekend includes a full marathon, half marathon, marathon relay, 10K and 5K. We hope you will consider participating in this event; whether it's running, walking, sponsoring the team, or praying for the event.



A NEW LOOK

The Fitness Center was recently blessed with a wonderful monetary donation. Because of this donation, we were able to purchase new rubberized flooring for the Fitness Center. Many people made this happen. Our "THANKS" to ALL those who helped in any way.

We hope you enjoy the improvements.

PRAYERS

If you have a need or a praise to share, please let Donna Wilkinson know. With your permission, she will put it in the next newsletter.

Anita L. — Praise for healing Health Center — Our future





COMING SOON!

**The Christ Memorial Women's Guild
Attic Treasure Sale:
Wednesday, Oct 23, 7:30 am to 7 pm
Thursday, Oct 24, 7:30 am to 3 pm and
Friday, Oct 25, 7:30 am-11:30 am.
(Friday is \$3 a bag)**

ANNUAL COOKIE WALK

Too busy or don't like to bake? You'll want to stop by Christ Memorial for the Women's Guild Cookie Walk.

Saturday, December 14, 8 AM to 12 PM.

Fill a container with scrumptious cookies and treats; \$9.00 per pound.

(Sugar free and gluten free available)

Also check out the Christmas Boutique. You may find that "perfect" gift.

HOW TO DONATE TO CM HEALTH CENTER

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

"Christ Memorial Lutheran Church" with "Health Center" 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 CMHC, your contribution helps support these programs:

- **FREE** Fitness Center (new and/or updated equipment)
 - FREE R.E.H.A.B. Program
 - Fitness classes (Luther's Loser, Cardio, Stretch)

THANK YOU!

CHRISTMAS TREE LOT

Please consider picking up your tree at the Christ Memorial Men's Club tree lot.

Start shopping

November 29 thru December 22.

HOURS:

12pm-8pm Monday thru Friday

10am-9pm Saturday and Sunday

All proceeds are donated to charitable organizations and ministries.



JOIN US FOR:

Advent Worship

Wednesdays at 5:15 PM & 7 PM

Our 5:15 PM is a Family Worship including children's object lessons and animated Bible stories. Our 7 PM is a Traditional Worship.

DATES:

Dec 4, Dec 11

Dec 18 @ Reliant Campus

SOUP SUPPERS

Will be served each Wednesday during Advent from

5:30 pm-6:45 pm in the Gym

**+ + + + +
Christmas Eve, Tuesday, December 24
w/HC celebrated in all services!**

12 Noon – Traditional Worship

3:00 PM – Family Worship w/Children's Choirs

5:00 PM – Festival Worship

10:00 PM – Festival Worship

Christmas Day

10:00 AM

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

5252 S. Lindbergh Blvd., 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

10:30 AM

Contemporary Worship

Sunday 11:00 AM

Bible Classes//Connections

9 AM and 10 AM

