

2020
WINTER

Christ Memorial Fitness Witness

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.

**Proud Partner
SilverSneakers**



GO! ST. LOUIS 2020

Registration is underway for GO! St. Louis Marathon & Family Fitness Weekend held March 28-29, 2020. Christ Memorial Health Center (CMHC) is encouraging participation in the 2020 GO! St. Louis. CMHC sponsors this event to encourage fitness and raise operational funds through sponsors.

To register with CMHC team, please use this link: <https://runsignup.com/Race/Register/RaceGroup-1?raceId=81794>

When prompted use the following code: **GO2020** which will put you on our team.

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. For questions please contact Donna Wilkinson at 314-631-0304 or donna.wilkinson@cmstl.org. Also, find additional information at gostl.org.



We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you. 2 Corinthians 4:8-12

ENCOURAGEMENT FOR THOSE RESOLUTIONS...

No matter your age, the best exercise is one that you enjoy the most. Keep in mind exactly what you want and need to get out of your workout. No doubt this will change throughout the years. You may want to focus on strength building, maintaining muscle mass, staying mobile, or balance. Always check with your doctor first before beginning a new fitness program. Here are some exercises that might be of interest to you: swimming, yoga, Pilates, resistance-band training, and walking. This list is not all inclusive; so be creative and get out there and move!



But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:33-34



LENTEN WORSHIP OPPORTUNITIES

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

February 26—Ash Wednesday
March 4
March 11
March 18
March 25
April 1

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

HOLY WEEK SERVICES

April 5 Palm Sunday — 7:45am, 9am & 11am
April 9 Maundy Thursday — 7pm **ONLY**
April 10 Good Friday — Noon, 5pm & 7pm
April 11 Easter Vigil — 5pm

April 12 Easter Sunday — 7:45am, 9am & 11am



SOUP SUPPER SPONSORED BY THE HEALTH CENTER

Join us **Wednesday, February 26, 2020** 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 6:00 pm to 7:00 pm. Or, 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.

CHILI SUPPER

Join us Sunday, January 26, 2020 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.

CHRIST MEMORIAL PRODUCTIONS

Join Christ Memorial Productions (CMP) Saturday, February 29, 2020, for a *Technicolor Trivia* Night at Christ Memorial Lutheran Church, 5252 S. Lindbergh Blvd.

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
- Low cost fitness classes (Stretch, Yoga)

THANK YOU FOR YOUR SUPPORT!

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

10:30 AM

Contemporary Worship

Sunday 11:00 AM

Bible Classes/Connections

9 AM and 10:00 AM

