

Fall/Winter 2024

HEALTH CENTER NEWS

*Building healthy bodies and
souls one person at a time.*



Christ Memorial Health Center 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 – 6pm

Monday & Thursday: 6pm-9pm

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

*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.

R.E.H.A.B. By appt. only

Call Lisa, 314-722-2106, for an appointment

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 this ministry.

We are proud partners of these
fitness benefit programs. If you
participate in any of these, please let
us know.



SilverSneakers

One Pass™

Renew Active
by UnitedHealthcare

SNOW DAYS ***

**If Lindbergh High School
closes because of snow/ice,
the Fitness Center and
classes will also be closed.**

What's Happening at Christ Memorial?

November:

Nov. 27th Thanksgiving Eve worship with choir at 7 pm. You are welcome to attend this service.

The **Men's Club** will be having a **Christmas Tree lot** in the parking lot, beginning Friday, November 29th. The tree lot will be open daily noon to 8 pm Monday-Friday and 10 am to 8 pm Saturdays and Sundays. This is a great fundraiser for the Men's Club and premium trees (Balsam Fir, Fraser Firs) in different sizes will be available.

December:

On **December 14th**, the **Women's Guild** is having their annual **Cookie Walk from 8 am to 12 noon!** This is a great opportunity where you can buy cookies for \$12/lb. There are also Christmas items for sale also. Thank you in advance for your support. Proceeds from the Cookie Walk help support church missions, youth and adult projects.

Church Services are held every Wednesday at noon, during Advent as well as Saturday and Sundays. During the week of Christmas, there are multiple services – look for the brochures at the receptionist desk about our holiday services and activities. There will also be a New Years' Eve Service.

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the LORD is good and his love endures forever; his faithfulness continues through all generations. Psalm 100:4-5

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 8:30 AM

Contemporary Worship

Sunday 10:45 AM

Bible Classes/Connections

7:30 AM; 9:45AM

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

Worship

*10:30 AM

*LIVESTREAM INFORMATION

The 8:30am service at Christ Memorial and the 10:30am Reliant service can be viewed live, and is available once it concludes. You can find it on the [Loved and Sent](#) YouTube channel.

