

May 2024

LifeWords



Sunday, May 12

Celebrate Mom!
Gift cards available at
the Service Desk.



Holiday Hours
Monday, May 27
Open 7am - 12pm



FREE Senior Guest Days

Every Friday, guests 60 and older,
Enjoy a free guest day in May.
Must present a valid photo I.D. each visit.
Guest procedures apply. Guests are limited to
a maximum of 12 visits per calendar year.

FREE Health Seminars

Enjoy free health seminars throughout the Month of
May. No sign up required. Held at LifeWorks.

Back Strength & Lumbar Mobility

Thursday, May 2 at 12pm

Strength Train as You Age

Thursday, May 9 at 12pm

Healthy Hip & Knees

Thursday, May 16 at 12pm

Glucose & Cholesterol Screening

Wednesday, May 29 - 8 - 9:30AM

\$10/person. Held in the LifeWorks lobby
Register at 440-816-4037 for your appointment.
Southwest Community Nurse

Ride with Valor Memorial Day Fundraiser

Honor our American Heroes this Memorial Day.



Purchase a Memorial Ribbon
\$20 per ribbon
May 6 - 25

Donate \$20 for a yellow
dedication ribbon and place
it on the flag wall to pay
tribute to the fallen and honor our
veterans this Memorial Weekend.

Net proceeds will benefit
Ride with Valor, a 501c3
dedicated to assisting Veterans
and their families with housing
and support solutions.



Ride with Valor
THEIR BATTLE CONTINUES



Balanced Habits Nutrition Program

REAL Results, using REAL Food, for your REAL Lifestyle

An educational program that is easy to follow and
provides you with the tools you need to achieve long-
lasting success. Learn what to eat and how to rev up
your metabolism to lose weight, gain energy and look
and feel your best.

Program

- Start Date: Friday, May 17
- Fee: \$179 (**\$159 Early Bird by Monday, May 6**)
- Payment: Credit card by phone
- Last day to sign up is Saturday, May 11
- Contact Katy at 440-816-4222 or
kmomirovic@swgeneral.com

Watch our informational session at

<https://balancedhabits.com/lifeworks-kick-start/>

UPDATES FROM GROUP EXERCISE

We made some changes to the group exercise schedule that went into effect April 1st. New class added to the Water schedule is **Cardio Strength**. This water class has participants alternating between time intervals of cardio exercises and intervals of muscle conditioning using a new piece of equipment called a water disc. Participant can choose not to use the equipment if they prefer. Another new class that we are trying is **Stretch**. This is a 15 minute stretching class consisting of a variety of sitting and standing stretches. This is being held on Tuesdays at 10:30am. Stretching is a very important component of fitness that is often forgotten or not done. So this 15 minutes can really assist in mobility, recovery and flexibility. Lastly, **Water Jogging** has been added to Tuesday evenings at 6:30. This 30 minute class offers walking, jogging, running, skipping, and other travelling movements at varying intensity. The instructor will motivate you to keep moving so your heart will get some great cardiovascular conditioning.

AQUATIC CENTER ETIQUETTE

Always wear appropriate swimwear (rash guards, sun shirts, spandex material)

- Check swimwear for rips/tears, and worn areas that are see through
- No cotton t shirts, no gym wear, see lifeguard if not sure

Don't wear perfumes or use lotions or oils before entering any water.

Water bottles **MUST** be plastic or metal. (NO glass on pool deck or locker rooms).

Shower before entering any water.

Observe the time limit when using the hot tubs.

- Make sure you are thoroughly cooled down from working out before entering a hot tub.

Check class times before arriving.

Schedule can be found on the app, website, at service desk or aquatic center bulletin board.

- Classes do have priority.
- You may join a class up to 15 minutes late.
- Do not enter pool where class is being held, this is disruptive to the instructor and class participants.

Rinse or shower after being in any water.

- Use lotion to keep skin from drying out.

Dry ears thoroughly after swimming.

Stay out of the water if you have an open cut or wound.

- If you do go in the water, use **waterproof bandages** to completely cover the cut or wound. If wearing a band aide, you will be asked to leave the pool.

If ill and/or ill with diarrhea. Do not enter any pools. CDC recommends waiting 2 weeks after diarrhea has completely stopped before pool use.

Transpersonal Hypnosis for Stress Relief

Friday, May 17

6:00-7:30pm in the Yoga Studio

Embrace inner improvement and unlock your full potential. Experience the freedom of a stress-free life! Join our group hypnosis session for tranquility and discover how to effortlessly relax and center yourself, even in the face of stress. Harness the power of your subconscious mind to make the changes you desire automatic and permanent with hypnosis. Learn how hypnosis can create a positive wellness in your life, with the guidance of Linda Thunberg, master transpersonal hypnotist.

Members: \$49 members; Nonmembers: \$59

Sign up at the LifeWorks Service Desk.

For more info, contact Jamie, janderson@swgeneral.com.



**FREE! 2024 MFA WEEK
MOVE150 CHALLENGE
MAY 5 – 12**

Welcome to the Medical Fitness Week MOVE150 Challenge! Physical activity is anything that gets your body moving. Each week adults need at least 150 minutes of moderate-intensity physical activity to receive health benefits such as lower risk for disease and risk factors like weight gain, high cholesterol, and high blood pressure. The minutes can be broken down throughout the week in a way that works for you. Join the fun by participating in the MOVE150 Challenge and take a step towards a healthier lifestyle!

Pick up your log sheet by the MFA Challenge table near the digital display. Earn LW Rewards points!

LifeWorks 13th Annual Fight Like a Girl Golf Outing Friday, August 16

Valleaire Golf Club

9:00 am shot gun start

9-hole Scramble for men and women

Register early to receive a discount!

\$60/person by June 30

\$65/person beginning 7/1/24

The annual Fight Like a Girl Golf Outing helps raise funds to keep LifeWorks' Fitness is Power® exercise program for breast cancer survivors going strong!

**Stop at the LifeWorks Service Desk or call
440.816.4202 to register your foursome today!**



Fitness is our passion; Wellness is our focus; Education is our way.