

November 2017

LifeWords



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www.lifeworksfitness.net

Dear LifeWorks Member,

We are excited to announce that the plans have been finalized and we are ready to begin renovation of the Showers and Steam Rooms. This will be the first segment of full locker room renovations, which will be completed over the next few years.

In order to maintain partial functionality of the areas being worked on, the project will be broken into two phases. This will allow for half of the showers to remain in service while the others are being renovated.

Due to the processes involved in a Steam Room Renovation, the Steam Rooms are expected to be closed from November 1 – December 15.

PHASE 1 – begins Wednesday, November 1, in both Locker Rooms

- Steam Rooms CLOSED
- Showers #7 – 12 CLOSED
- Temporary Barriers will be in place to allow for privacy & traffic flow as needed (please adhere to posted signage that will be in place)

PHASE 2 – begins as Phase 1 is completed in both Locker Rooms

- Showers #7 – 12 will REOPEN
- Showers #1 – 6 CLOSED
- Steam Rooms – expected to REOPEN on Friday, December 15

The full project will be completed by December 31, 2017.

For your convenience and to help this project run as smoothly as possible:

- We will provide body wipes for your use as an alternative.
- Please be considerate of other members and reduce shower times when possible.
- There are three additional showers available for use in the Assisted Area located outside of the pool, east side.

We thank you in advance for your patience. We are eager to share the final result with all of you!



Yours in health,

Karen M. Raisch-Siegel, MS, FABC
Executive Director

Add-Ons* join for FREE in November!

Plus they receive the discounted add-on monthly rate.



* Family add-ons must reside in the same household.

For more information or to schedule an appointment, contact membership at 440-816-4214 or jlivers@swgeneral.com.

Thanksgiving Day

Thursday, November 23

OPEN 7am – 1pm

Kids Area is CLOSED.

Special Group Exercise Schedule*:

7:30 am: 100 min. Spin® with Lisa

9:30 am: Tabata with Amanda

60 min. Spin® with Rosanne

Go H2O with Connie

*There will be a special class schedule for Wednesday 11/22, Thanksgiving Day 11/23 and Friday 11/24. See flyers for details.

Turkey Burn

Friday, 11/24, 9:30-11AM

Held in Studio A

Tabata * Hard Body Blast * Core/Yoga

Aqua Turkey Burn

Friday, 11/24, 9:30-11AM

Held in Lap pool

Go H2O * Aqua Zumba * Aqua Tabata * Water Pilates



Help Make A Difference

Check-In on Facebook at LifeWorks

Each time anyone checks-in on FB at LifeWorks, their check in goes toward the amount we contribute to a monthly cause.
November's:



FEED A BILLION

The hashtag this month is #givemeals



Every check-in at LifeWorks will provide one meal to someone in need!



Medina Creative Produce "Farm to Table"
Meet the Individuals with Disabilities Who Grow Our Lettuce for You to Enjoy



"I have lived at MCH for 18 years and have had many jobs at MCH, but my favorite is growing lettuce. I am involved with all the steps from growing, planting the seeds, cultivating, harvesting, and packaging."
- Amy Yeigh



"I have worked at MCH for 7 years and my future is so bright that I have to wear shades."
-JP Vandendriessche.

If you've had any of the delicious wraps or salads from Creative Café at Lifeworks, you're enjoying the success of individuals in our Medina Creative Produce Hydroponic Greenhouse Vocational Training Program. The crisp romaine lettuce and delectable butter bibb lettuce used in all the salads and wraps are grown at Medina Creative Produce, along with the basil used to make our fresh pesto. Medina Creative Produce uses cutting edge technology in a hydroponic greenhouse to produce approximately 600 heads of lettuce a week. As a hydroponic greenhouse, we grow all year in a climate controlled greenhouse where all produce is grown in nutrient rich water. Our lettuce is never soiled!

We do more than just grow lettuce at MCP, we are developing skills and creating income for students and adults with disabilities. As you can see from Amy's & JP's smiles, our greenhouse team loves their jobs. They take great pride in taking care of the plants so that you have a tasty and healthy meal. Our savory Chicken Pesto Wrap is a customer favorite. The pesto is made from our hydroponic grown basil and produced at our Creative Cafés. We use organic and fresh ingredients for a delicious taste that you just can't find with a store bought pesto. With garlic, basil and parmesan cheese in every bite, it will make your taste buds sing.

When you eat at Creative Café at Lifeworks, not only are you receiving a delicious meal, but you are helping support employment for all. It is not just the individuals at the Creative Café at LW that you are helping support, but the workers at Medina Creative Produce and Creative Living Coffee. Greenhouse manager, Cody Grey proudly states, "With the greenhouse at Medina Creative Accessibility, it's about so much more than growing produce, it's about giving individuals with disabilities a chance to grow themselves while actively participating in providing something valuable to the community."

Thank you for patronage!

FREE Talk & Incentive Programs

Holiday Survival Guide

Wednesday, November 15 at 10:30 am (Conf D)

Thursday, November 16 at 7:00 pm (Conf E)

Don't let this holiday season prevent you from meeting your health and fitness goals! Join one of our exercise specialists and learn tips and tricks to help you stay active and healthy during this busy time of year.

Free to members. No sign up required.

Maintain Don't Gain!

Sunday, Nov 19 – Saturday, Dec 30

Maintain your weight this holiday season by participating in regular exercise. Meet the workout goal each week and be entered to win.

FREE Fitness Incentive-Sign up in the binder located at the fitness desk.

Specialized Programs

THE NEXT SESSION STARTS THE WEEK OF 11/13

Sign Up Now!

Tai Chi
Back to the Mat
Chair Yoga

Kettlebell

Weight Loss with Water

Space is Limited



For details, please see flyers on the fitness floor or contact Kelly at 440-816-4303, kjones3@swgeneral.com.

Magical Rhine and Moselle

Sept 11 - Sept 20, 2018 • 10 Days • 22 Meals



Highlights: Zurich, Lucerne, Strasbourg, Speyer, Mannheim, Rudesheim, Siegfried's Mechanical Music Museum, Koblenz, Moselle River, Cochem, Wine Tasting, Cologne, Amsterdam

To book, contact Karen Raisch-Siegel at 440-816-4210 or kraisch-siegel@swgeneral.com.

Mail in registration to LifeWorks, Attention: Karen Raisch-Siegel
7390 Old Oak Blvd. Middleburg Heights, OH 44130

We have limited seats, so please make sure to book ASAP.



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