


May 2017

LifeWords

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www.lifeworksfitness.net

May is...

Senior Health & Fitness Month at LifeWorks

We are providing local seniors, ages 60 & over, with a variety of special promotions & events throughout the month.

FREE Health Seminars

Enjoy free health seminars throughout the Month of May. No sign up required (except for the May 10 Lunch & Learn, sign up at the service desk or call 440-816-4202). Held at LifeWorks.

Wednesday, May 10 at 12 PM – FREE Lunch & Learn: Knowledge is Key

Friday, May 12 at 10 AM - Incontinence: Pelvic Physical Therapy can help

Tuesday, May 16 at 11:30 AM – Elder Law and Estate Planning

Thursday, May 18 at 7 PM – Strength & Balance

Friday, May 19 at 11:30 AM – Strength and Balance

Thursday, May 25 at 7 PM – Healthy Hips and Knees

Friday, May 26 at 11:30 AM – Healthy Hips and Knees



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.*

Only \$18 to Join

This May, seniors (60 & older) can join LifeWorks for only \$18 Enrollment Fee. Certain restrictions apply. Please call membership at **440-816-4214** or email [iLivers@swgeneral.com](mailto:ILivers@swgeneral.com) to schedule your appointment today.



Every check-in helps
provide a life-changing
surgery to someone in need.

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. May's:



SANITIZING EQUIPMENT

As you know we strive to provide the cleanest environment for our members, below are some easy ways you can help.

- Remember to pick up your hand towel before you begin your work out.
- Please wipe down equipment before and after use. Spray bottles are located around the facility.
- Spray into the towel directly then wipe the machine. Please do not spray the equipment directly.
- Use separate towels for sanitizing and sweat.

If you need any assistance with this please see someone on the fitness staff.



SALSA PARTY

Friday, May 19

6:30 – 8:00 pm

Zumba Class

taught by *Laura Mazucca*

Margaritas & Appetizers

All members & their guests are welcome to join our party for a night of FUN!



Hurry! Space is limited.

Members: \$5

Guests: \$15

Sign up by May 15 at the Service Desk.



INTRO TO PILATES REFORMER

The introductory class is one hour in length. Your instructor will educate you on Pilates, show you how to use the reformer, and put you through a beginner workout.

Thursday, May 11 at 7:00pm

- \$5 members/\$12 nonmembers
- Sign up at the service desk, Space is limited.

For questions, please call Jamie at 440-816-4223 or janderson@swgeneral.com

Mother's Day

Sunday, May 14

LifeWorks Gift Cards

Spoil your mother this year with a treat from LifeWorks. Give the gift of health.

Available for purchase at the Service Desk.

LIFEWORKS SUCCES STORY

Member name: Ken L.

Date Joined: January 2000

Why did you join?

I joined LifeWorks to maintain my strength.

How often do you workout?

I currently workout three times per week.

What does your workout consist of?

My workout consists of 6-10 laps around the track followed by 10 different exercise machines.

What do you enjoy most about coming to LifeWorks?

What I enjoy most about coming to LifeWorks is being able to maintain my strength by using the facility.

What is your least favorite aspect of exercising and what do you do to overcome it?

My least favorite aspect of exercising is the difficulty I experience trying to finish 10 laps on the track. To overcome this I now rest 2-3 minutes after 6 laps and continue until I reach 10 laps.

What accomplishments have you made or goals achieved?

LifeWorks has helped me become more able-bodied to do maintenance jobs at home.

What would you still like to accomplish?

I would like to keep going beyond the age of 93.

What advice do you have for new members and others who are just beginning a fitness program?

Just keep going and enjoy your program on a schedule.

SAVE THE DATE



The Seasons of a Woman's Life

2017 Event

The Funny Thing About Stress

Featuring Kay Frances, "America's Funniest Stressbuster" and Hosted by Robin Swoboda

Thursday, October 19, 2017

6:00pm at LaCentre Center
\$45/ticket, includes dinner

Tickets will go on sale Wednesday, May 10.



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