

May 2019

LifeWords

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www.lifeworksfitness.net



FREE Health Seminars

Enjoy free health seminars throughout the Month of May.

Exercising Smarter as You Age

Wednesday, 5/15 at 11:45am

Thursday, 5/16 at 7:00pm

Financial Planning for Your Aging Parents & You: Part 1

Tuesday, 5/21 at 11:30am & 7:00pm

Financial Planning for Your Aging Parents & You: Part 2 Q & A

Tuesday, 5/28 at 11:30am & 7:00pm

No sign up required. Held at LifeWorks.

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 \$20 to Join

This May, seniors (60 & older) can join LifeWorks for only \$20 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.

LIFEWORKS OPEN HOUSE

Show your friends what you love about LifeWorks!

Tuesday, May 7 - Free Guest Day with Membership Specials!

Members Receive 1,000 LW Rewards Points* if your referral joins on 5/7/19! For more information, contact Member Services at 440.816.4214 or jLivers@swgeneral.com.

All guest policies apply: must be 18 years or older & present a valid photo ID to use the facility. *One day only, referrals from current LW members only. Not valid on add-ons to current accounts.

Massage Benefits for Seniors

(American Senior Communities Website)

Massage therapy has been proven to have many positive effects as we age. Below are some examples of how massage helps.

- Pain due to osteoarthritis. A study showed that seniors who utilized massage as part of their treatment for osteoarthritis had less pain and stiffness and improved physical function over the course of a few months.
- Sleep habits and quality of sleep. Seniors who receive weekly massages report that they are sleeping more deeply and for longer lengths of time. This results in an overall feeling of better health as the body is being allowed more time to repair itself.
- Alleviating depression. Touch has been proven to provide comfort to the elderly- especially since so many of them are deprived of it- which can help improve mental health.
- Physical and mental relaxation. Massage has been shown to decrease the unhealthy buildup of cortisol, known as the "stress hormone," in the body, allowing the body to enter a rest and rejuvenation period.
- Quicker healing from injuries or illnesses. As we age, our joints and muscles tend to tighten, which can make it more difficult to heal from an injury because our range of motion is restricted. Massage therapy keeps muscles, connective tissues, joints, tendons and ligaments more fluid and even less injury-prone in the long run.

Try incorporating massage into your healthcare routine to see what benefits & relief you begin to experience yourself.

Book a massage with a LW Licensed Massage Therapist by stopping by the service desk or call 440-816-4202.

Members receive a member discount.



Programs

Weight Loss with Hypnosis

Tuesday, May 14 at 7:00 – 8:00 pm

\$75 per person

*Reinforcement CD available for purchase for an additional \$10 in class.



Back to the Mat

Wednesdays, 5:15 – 6:15pm

May 29 – July 10 (no class July 3)

Members: \$27; Nonmembers: \$70

Train Your Way to a 5K

Saturdays, 9:00 – 10:00 am

June 1 – July 13 (no class July 6)

Members: \$27; Nonmembers: \$70



For more information about programs, see flyer bin. For questions, please contact Kelly Jones at 440-816-4303 or kjones3@swgeneral.com

Free Talk

Secret Keys to Weight Loss

This motivating seminar will review information about permanent weight loss and how it is possible to achieve. Learn about boosting metabolism, fueling your body, exercising smart, and burning fat. There really is no secret to lasting change, it's just understanding how to make it happen.

Saturday, May 11th at 10:00am

- **FREE** to members and guests
- No sign up required
- Held in Conference Room D



LifeWorks 10th Annual Fight Like a Girl Golf Outing Wednesday, August 7, 2019

Coppertop Golf Club - 11:30 am shot gun start

9-hole Scramble for men and women including 9 holes of golf, cart, all beverages on golf course, and 19th Hole after-party.

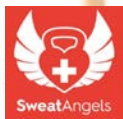
Register early to receive a discount! **\$60/person by June 30.**
(\$65/person beginning 7/1/19)

Stop at the LifeWorks Service Desk or call 440.816.4202 to reserve your spot today!

A fundraising event for Fitness is Power...Fight like a Girl! Exercise program for breast cancer patients

Pickleball at LifeWorks

- Starts Thursday, May 2nd
- Tuesdays & Thursdays 12 – 2
- King of Court play (first come, first serve)
- One court will be available for play in the basketball court - It will be marked with court markers
- This is a multi-use space and one court will remain open for basketball
- Rules, four paddles and balls will be provided



This May, Every 10 FB check-ins to LifeWorks helps provide a pair of shoes to someone in need.

The hashtag this month is #giveshoes

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:

SOLES 4 SOULS

Staff Spotlight



Congratulations to Carlos Pardo our lead locker room attendant & lifeguard. He took 1st place with his horse Sam in the Low Jumper Team 3ft at the 51st Lake Erie College Prix de Ville.



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