

lakehealth.org/LiveHealthy

## February 2019

440-375-8777

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 <b>Program descriptions on back</b>	28 Rock-wall Class 6 – 7:30 pm ----- Rock-wall Open Climb 7:30 – 9 pm	29 Masters Swim Club 6 pm	30 Private and Semi-private Swim Lessons are offered	31 Masters Swim Club 6 pm	1 Whirlpool closed for cleaning	2 Integrative Medicine Children's Wellness Series: "Fun with Fitness" 9 am ----- Rock-wall Open Climb 12 – 1:30 pm
3	4 Rock-wall Class 6 – 7:30 pm ----- Rock-wall Open Climb 7:30 – 9 pm	5 Integrative Med Health & Wellness Series: "Plant-Based Living" 6 pm	6	7 LiveHealthy Inspire Weight Loss Program Informational Meeting 6 pm ----- Masters Swim Club 6 pm	8 Private and Semi-private Swim Lessons are offered	9 Rock-wall Open Climb 12 – 1:30 pm
10 <b>FREE GUEST DAY</b>	11 12-Week Fitness & Nutrition Program Last day to sign up! ----- Rock-wall Class 6 – 7:30 pm	12 LiveHealthy Member Orientation 6 pm	13 <b>UPGRADE YOUR SWEETHEART FOR FREE! See membership for details Ends 2/16</b>	14 <i>Valentine's Day</i> Masters Swim Club 6 pm	15	16 Rock-wall Class 10:30 am – 12 pm ----- Rock-wall Open Climb 12 – 1:30 pm
17	18 <i>President's Day</i> Camp KidHealthy: 8:30 am – 3:30 pm ----- Rock-wall Class 6 – 7:30 pm ----- Rock-wall Open Climb 7:30 – 9 pm	19 NuFit Series: "Eating for Heart Health" and "Cardio-Hardio" 6 pm ----- Cooking for Wellness 6 pm	20 Private and Semi-private Swim Lessons are offered	21 Masters Swim Club 6 pm	22 Last practice for Mentor High School Swim Team	23 Rock-wall Open Climb 12 – 1:30 pm
24	25 Rock-wall Open Climb 7:30 – 9 pm	26 Masters Swim Club 6 pm	27	28 Masters Swim Club 6 pm	1	2 Integrative Medicine Children's Wellness Series: "Eat Like a Superhero" 9 am

**SAVE THE DATE!**

**LiveHealthy Inspire Weight Loss Program!**

**Informational Meeting: February 7 at 6 pm.**

Designed for people wanting to lose 40 pounds. Includes weekly classes led by health professionals, a small group environment, structured meal plan and more!

## **PROGRAM and EVENT DESCRIPTIONS – February 2019**

Register at the Front Desk unless stated otherwise.

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### **12-Week Fitness and Nutrition Program**

**February 18 is the last day to sign up!** See flyer for details. Structured eating plan, 24 training sessions, weekly education and more! Contact Dewayne Eason 440-701-7515 to sign up. *Fee.*

### **Camp KidHealthy**

**February 18, 8:30 am – 3:30 pm**  
For kids 5 to 12 years old. Fun-filled days of climbing the rock wall, swimming, crafts and games in the gym! See flier for details. *Registration required at Front Desk. Fee.*

### **Cooking for Wellness**

**February 19, 6 - 7 pm.**  
Registered dietitian Melinda Wivell gets creative in the kitchen with Tofu Scramble! *Register through the Best of Health Line at 440-953-6000. Seating is limited. Fee. Conference Room.*

### **Free Guest Day**

**February 10, 8 am – 6 pm**  
Pick-up guest pass prior to date at Front Desk. *Free.*

### **Integrative Medicine Children's Wellness Series:**

**February 2, 9-10 am, "Fun with Fitness."**  
**March 2, 9-10 am, "Eat Like a Superhero."**  
See flier for details. *Register through the Best of Health Line at 440-953-6000. Fee.*

### **Integrative Medicine Health and Wellness Series:**

**"Plant-Based Living"**  
**February 5, 6 – 7 pm.**  
Join Denise Brown for a presentation about Plant-Based Living! *Register through the Best of Health Line at 440-953-6000. Conference Room A. Free.*

### **LiveHealthy Inspire Weight Loss Program Informational Meeting**

**February 7 at 6 pm.**  
Medically based weight loss program designed for people wanting to lose 40 or more pounds. Includes weekly classes led by health professionals, structured eating plan, small group environment and more! Contact Alison Alemagno at 440-701-7516 or [alison.alemagno@lakehealth.org](mailto:alison.alemagno@lakehealth.org). *Informational meeting is free. Program enrollment is for a fee.*

### **LiveHealthy Member Orientation\***

**February 12, 6 – 7 pm**  
Learn more about what each department offers and meet LiveHealthy managers and staff. *Registration recommended. Conference Room. Free.*

### **Masters Swim Club**

**Ongoing, Tuesday and Thursday, 6 - 7 pm**  
Our coaches create weekly workouts and provide motivation so you can reach new heights! See flier for details. *Lap Pool. Fee.*

### **NuFit Nutrition and Fitness Series\***

**February 19, 6 – 7 pm**  
Nutrition topic: "Eating for Heart Health."  
Fitness topic: "Cardio-Hardio."  
*Registration requested. Conference Room. Free.*

### **Rock Wall Classes**

Get trained on Rock wall safety and how to properly tie knots to climb outside of open climb hours. \*Once trained, dependents may use the wall during dependent hours only. *No experience required. Registration required. Free.*

**Mondays: February 4 and 18** from 6 – 7:30 pm  
**Saturday: February 16** from 10:30 am – 12:00 pm

### **Rock Wall Open Climb**

**Mondays: February 4, 11, 18, 25, 7:30 – 9 pm**  
**Saturdays: February 2, 9, 16, 23, 12 – 1:30 pm**  
LiveHealthy rock wall experts are available to assist you. *No experience required. Registration is not required. Free.*

### **Upgrade your Sweetheart!**

**February 11 - 16.**  
Pay no upgrade fee to add your sweetie to your membership! See Membership Team for details, or to set an appointment to upgrade.

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\* **Road Map to Fitness**