Setting the pace at the Legacy Mile & 5K

On Aug. 25, Heritage Christian Services, the parent company to the Pieters Family Life Center, will host the Heritage Christian Legacy Mile & 5K at Monroe Community College. The event celebrates compassionate care provided to the more than 1,600 children and adults with developmental disabilities served by the agency.

Proceeds from the event support those served by the agency, as well as the Pieters Family Life Center’s programming. There are a number of ways that you can support the Legacy Mile & 5K, including joining our Life Center’s team and help us reach our fundraising goal; volunteer to help out on event day; and even participate in the walk and/or run.

If you have never run before, have no fear. Running a 5K (3.2 miles) isn’t as difficult as you may think. There are a number of ways to prepare for the event. This would be a great time to try out the HydroWorx 2000 therapy pool at the Life Center and the state-of-the-art fitness room. Those who are interested can also sign up for group workshops and running days through the Life Center. Other local running groups offer 12-week programs designed to introduce people to running.

“A year ago I never would have thought I could run a mile let alone a 5K,” said Susan Banker, program coordinator at the Life Center. “Since August of 2011 I have been able to run three different 5K races. There is a quote that I came across that seemed to fit my situation well. ‘I may not be the fastest in the group but I am definitely faster than the gal on the couch.’”

For Legacy Mile & 5K event information, visit www.legacymileand5K.kintera.org. Consider joining the Pieters Family Life Center team. Contact Sue Banker at (585) 487-3525.

GOALS: soccer program with the Rochester Rhinos

The Pieters Family Life Center is excited to announce its third annual GOALS – Giving Opportunities to Athletes who Love Soccer – program in partnership with the Rochester Rhinos. GOALS provides an opportunity for children and adults with intellectual disabilities, as well as their siblings, friends and family members to play soccer with professional athletes while being part of a supportive and fun soccer community.

Bill Sedgewick, Rochester Rhinos assistant coach and former Rhinos player, said, “Our young group of professional soccer players expressed great satisfaction in being a constant presence at all GOALS events last year. This year will be no different, except we are anticipating more participants and even more friendships to be made.” Continued on page 3
The importance of handwriting by Noelle Pacer

Isn’t technology wonderful? I love watching my 2-year-old niece navigate the iPad. She is such a pro with that index finger turning pages and operating apps. As an occupational therapist who has spent 15 years teaching people how to write, a natural question for me is, “Why even bother learning to write?” We can communicate so easily through pointing and typing. Yet, I still see so much evidence of the value of writing. Wait-staff take dinner orders by writing it on a paper pad; SATs continue to require a hand-written essay; many job applications are still entered by writing; and the art of journaling, a therapeutic way to relieve stress, is usually done by sitting in a relaxing environment and, you guessed it – writing – in a special book with a comfortable pen.

Those of us who have never learned a proper pen grip manage to produce legible writing, but often at the cost of cramped wrists! Many of us have spent only a few minutes a week learning how to write in our early elementary years. Some of us never learned cursive writing.

How many of us are embarrassed when others can’t read our handwriting? Now, you can do something about that. Summer classes are now open for registration. Private handwriting tutoring is always available at a time convenient to the therapist and client, for any age. Writing class schedule to the right on page 3.

Strengthening your core

Strength training is the best kind of weight bearing exercise. Research has found that at least 30 minutes of strength training at least two times per week can improve cholesterol and blood pressure numbers, increase bone density and speed fat loss. (Source: Journal of Strength & Conditioning Research)

Look at pages 4 and 5 for classes on land and water. The Life Center also has a fitness room equipped with various pieces of Cybex and SciFit adaptive equipment. Barb Cacia, wellness coordinator at the Life Center, is also available for personal training and general orientation to the equipment. Contact Barb at (585) 487-3578 or bcacia@pietersfamilylifecenter.org.

Five reasons why you should strength train

- If you have only done one type of exercise, you are not challenging your muscles.
- Strength training revs up your metabolism.
- Strength training makes you more flexible.
- Weight lifting can help maintain bone mass.
- You will build strength that will prevent common aches and pains.
Handwriting cont.

Writing Classes:
Tuesdays and Thursdays, July 17, 19, 24, 26 and 31; Aug. 2, 7 and 9

Make Your Mark (4-year-old class):
9–9:45 a.m.; $65 per child

Printing Fundamentals (5-year-old class for those entering kindergarten):
10–10:45 a.m.; $65 per child

Cursive Beginnings (For students who have completed third grade or above):
2:30–3:15 p.m.; $65 per child

Cursive for Teens:
3:30–4:15 p.m.; $65 per teen

Writing for Work (Adults 18+, four-week class):
Tuesdays, July 17, 24, 31 and Aug. 7
5:15–6 p.m.; $55 per adult/session

For more information and to register, call (585) 487-3500 or email Noelle Pacer at npacer@heritagechristianservices.org.

GOALS cont.

GOALS is held twice monthly beginning in May and running through August at Sahlen’s Stadium, home of the Rochester Rhinos.

2012 GOALS schedule:
Tuesdays: May 1, 15; June 12, 19; July 17, 24; Aug. 7, 14. The GOALS banquet will be held on Aug. 21, 6–8 p.m. at the Life Center.

The National Inclusion Project, a foundation started by singer, songwriter and actor, Clay Aiken, has partnered with the Pieters Family Life Center on the GOALS program.

For more information on how to be a GOALS participant, volunteer or supporter, contact (585) 487-3500 or email info@pietersfamilylifecenter.org.

Home canning: it’s easier than you think!

One of the most common misconceptions about canning is that it is hard. The truth is canning couldn’t be easier. If you can boil water and chop produce, you can preserve food like the best of them.

The lost art of home preserving has become popular again because of the appeal of knowing where your food comes from and making things with your own hands. Plus, canning saves money and can be a fun and creative hobby. Sue Banker, program coordinator at the Pieters Family Life Center and home canner for more than 30 years, will help you get started. She is holding two sessions on canning and preserving.

Session I: Saturday, July 21, 11 a.m.-1:30 p.m. “Jammin” with Suzie:
Make scrumptious strawberry preserves. All supplies are included, except strawberries. Bring 4 quarts (Do not prepare them. This will be part of the class.) This will yield 6 pints.

Session II: Saturday, Aug. 18, 11 a.m.-1:30 p.m.
Can’t have enough canned tomatoes: Learn several ways to preserve tomatoes, just by adding a spice here or another vegetable there. All supplies are included, except tomatoes. Bring 12 to 15 pounds. This will yield 8 pints (or 4 quarts).

Fee: $25 each session or $40 for both classes. Class size will be limited to five participants per session. To register, call (585) 487-3500.

Living with Fibromyalgia and chronic pain

A series led by Barb Cacia:
Care & Management of Fibromyalgia & Chronic Pain

Take advantage of a series of classes designed to cope with chronic pain. Choose the ones that fit your needs or participate in the entire session. $18 per class

Class 1 - What is Fibromyalgia and How is it Treated?: Learn about the latest research on fibromyalgia and discover management strategies to relieve pain and fatigue. Wednesday, July 18, 6:30-8:30 p.m.

Class 2 - Sleep & Pain: Learn techniques to keep pain at bay during the night, allowing you to sleep deeply and wake feeling refreshed. Wednesday, July 25, 6:30-8:30 p.m.

Class 3 - Therapeutic Exercise to Decrease Pain and Increase Muscle Power: Discover the proper moves to increase flexibility and strength and to stabilize your joints so you can be more active and enjoy life. Wednesday, Aug. 8, 6:30-8:30 p.m.

Class 4 - Nutritional Guidelines to Restore Energy: Learn simple cooking tips for meals that power the body, mind and spirit. Wednesday, Aug. 15, 6:30-8:30 p.m.

Class 5 - Fibromyalgia and Families: Designed to help family members better understand what it’s like to have fibromyalgia and learn about current treatments available to manage this diagnosis. (Fee includes all family members.) Wednesday, Aug. 22, 6:30-8:30 p.m.
Therapeutic Exercise and Physical Activity Classes

For your convenience we offer a 10-visit punch pass for fitness classes (eligible classes are marked with ♥) at a cost of $60 dollars, saving you $10 for buying 10 visits.

Bone Building Exercises for Osteoporosis & Arthritis: Learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safely! $7 per class ♥

Weight Training and Endurance for Fibromyalgia and Chronic Pain: Get moving and strengthen your muscles -- and your heart -- without increasing fatigue or pain. Learn how exercise and social support can address chronic pain. $7 per class ♥

Stretch and Go!: Focus on gentle yoga and therapeutic exercises designed to make you feel your best. Perfect for caregivers who could benefit from a soothing environment. $7 per class ♥

Muscles in Motion Exercise Program: Develop a fitness routine to build muscle, increase flexibility and improve endurance. This class is recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. All exercises can be done while sitting or standing. $7 per class ♥

Stretching and Strengthening for Multiple Sclerosis: Increase muscle flexibility and strength to improve coordination, balance and endurance. $7 per class ♥

Walk Fit: Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7 per class ♥

Zumba with Body Connection Institute: Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7 per class ♥

Pilates: Begins with basic principles, including exercises that focus on conditioning, proper alignment, strength and flexibility. Exercises may be incorporated on a stability ball with a focus on balance. $10 per class

Aquatic Wellness Programs

The Pieters Family Life Center is home to the region’s first HydroWorx 2000 therapy and fitness pool. This fully accessible pool has a water temperature of 90 degrees, an underwater treadmill and resistance jets -- which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit pietersfamilylifecenter.org.

Water Walking Exercise Class: A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility, or chronic pain conditions. To intensify your cardiovascular workout, try the new higher speeds that have been added to the schedule. No more than four participants per class. The cost is $50 per six-week session.

All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Call (585) 487-3500 to register.

Aqua Fitness: Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing muscles. $60 per six-week session

Got Knee/Hip Pain?: Feel the warmth of the hydrotherapy pool while you stretch and strengthen your muscles. $60 per six-week session

A.Q.U.A (Answer Questions You Ask) Chat: Walk in the 90-degree, state-of-the-art hydrotherapy pool at a speed tailored to meet your fitness level, while discussing your personal health goals with a wellness coordinator. Call (585) 487-3500 to schedule an appointment. $35 per class

Aqua Play: Children with developmental delays or who are on the autism spectrum are grouped according to age and ability so they can enjoy the pool and experience sensory feedback. Although this is not a swimming group, the water depth in the pool can be changed according to need. Children need to be comfortable in the water without one-to-one assistance and the parent/caregiver is required to remain in the pool room. Call for dates and fees.

Aquatic Physical Therapy: We offer doctor-prescribed, water-based physical therapy on an outpatient basis. Call (585) 487-3500 to make an appointment. Most insurance accepted.

Yogqua: Is your body aching from pounding land exercise? Do you cringe at the thought of being seen in a bathing suit? Experience the healing properties of warm water in a private aquatic environment and receive support achieving your individual fitness or rehabilitation goals. You will increase muscle strength, flexibility, balance, plus reduce stress! Research has shown aquatic exercise better prepares the body before joint surgery as well as quicken the rehabilitation process afterward. Health care coverage is often applicable, so check with your provider. No swimming experience necessary. Trial or drop in fee: $25 or $120/6 week session.

Yogqua Happy Hour: Transition into the weekend. Release work tension and renew with Yogqua. Fridays, 4:30–7 p.m.

Oh, My Achy Body!: If you have unresolved pain from arthritis, an accident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance. This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program.

The class will utilize the pool at the School of the Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center).
CLASS & PROGRAM DESCRIPTIONS: MAY, JUNE, JULY, AUG.
(See class/program schedules on page 6.)

Family Engagement Programs

The Pieters Family Life Center’s expert staff has designed programming that allows everyone to participate fully — youth with intellectual disabilities play right alongside their siblings, friends and other loved ones.

The following are ongoing youth and family programs:
- Magic Paintbrush Program
- Aqua Play
- Creative Connections

To learn more, or for a current family engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

Outpatient Therapeutic and Wellness Services

The Pieters Family Life Center, in partnership with Unity Physical Therapy & Rehabilitation, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy.

We specialize in:
- Sports-related injuries
- Sprains and strains
- Tendonitis
- Joint pain/joint replacement surgery
- Back and neck pain
- Osteoarthritis and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder

Participants must have a doctor’s prescription in order to participate. We accept most insurance carriers.

Connecting Voices: Healthy benefits of a therapy-based choir experience

Did you know that singing and speaking are very similar processes? Did you know that music making can decrease stress and make a positive impact on wellness and that when you strengthen social connections and feel the support of others who face similar challenges you can bolster your immune system?

The Pieters Family Life Center is starting a choir called Connecting Voices. It is for anyone who is experiencing speech deficits related to breath support, vocal articulation and intensity, fluency, and facial expression. Singing and vocal exercises will be the primary means of working on speech-related goals. Connecting Voices is a supportive environment specifically designed to provide opportunities for strengthening social connections and improving overall wellness.

People find that working within a creative arts therapy approach can be less tedious than most traditional therapies. Not only is the work fun, but it engages more of the brain and provides beneficial stimulation.

Dates: Fridays, May 11, 18 and 25; June 1, 8, 15, 22 and 29; Aug. 10, 17 and 24
Time: 1-2 p.m.
Fee: $7/class or $50/8 weeks

To register, call the Life Center at (585) 487-3500.

HealthSource Chiropractic

Offering chiropractic care at the Pieters Family Life Center.

Do you need relief from back or neck pain?

Are you experiencing lower back or neck pain associated with some of the most common disc related syndromes such as pinched nerves, bulging or herniated discs that causes pain to shoot down your legs? Have you been diagnosed with degenerative discs that can cause chronic pain in your lower back and neck? If so, you owe it to yourself to make an appointment with a professional who offers DTS Spinal Decompression Therapy, an advanced, traction based procedure.

Dr. Donald R. Dudley,
Certified Chiropractic Sports Physician
Schedule an appointment.
(585) 225-6430
HealthSourceChiropractic.com
# CLASS SCHEDULE:

*Classes below are weekly throughout May, June, July and Aug.*

<table>
<thead>
<tr>
<th>DAY</th>
<th>CLASS</th>
<th>INSTRUCTOR(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-7:30 a.m.</td>
<td>Power Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>7:30-8:30 a.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8-8:30 a.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30-9 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>9-9:30 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11-noon</td>
<td>Bone Bldg. Exercises for Osteoporosis &amp; Arthritis</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:45-12:45 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-1:15 p.m.</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>5:30-6:20 p.m.</td>
<td>Yogqua</td>
<td>S. Dobroski</td>
</tr>
<tr>
<td>6:30-7:20 p.m.</td>
<td>Yogqua</td>
<td>S. Dobroski</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11-11:30 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:30 a.m.-noon</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-2 p.m.</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6-7 p.m.</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>6-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:45 a.m.-12:45 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Stretch &amp; Strengthening for Multiple Sclerosis</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4-6 p.m.</td>
<td>Got Knee/ Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>3:30-4:15 p.m.</td>
<td>My Achy Body! School of the Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>4-6 p.m.</td>
<td>Aqua Play (every 1/2 hour)</td>
<td>Gail Barth</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7-8 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10-11 a.m.</td>
<td>Stretch &amp; Go Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-2 p.m.</td>
<td>Aqua Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4:30-5:20 p.m.</td>
<td>Yogqua Happy Hour</td>
<td>S. Dobroski</td>
</tr>
<tr>
<td>5:30-6:20 p.m.</td>
<td>Yogqua Happy Hour</td>
<td>S. Dobroski</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 a.m.-1:30 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
</tbody>
</table>
Social wellness is very important in the overall wellness of individuals and families. The Garden Café is pivotal in serving as a place where families and individuals can come and develop positive relationships and friendships. The café encourages individuals to connect by sharing a cup of coffee, a specialty drink or tea, and at the same time, have great conversation, or enjoy one of the various events that take place during the day.

This summer the Garden Café will host a music series called “Party on the Patio.” The series features a number of local musical groups. All concerts begin at 7 p.m. the concerts are free. (If inclement weather develops, concerts will be moved indoors.)

**Party on the Patio Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Artist</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9</td>
<td>TBD</td>
</tr>
<tr>
<td>June 6</td>
<td>Gates-Chili Show Tune Choir</td>
</tr>
<tr>
<td>June 13</td>
<td>Johnny B.</td>
</tr>
<tr>
<td>June 27</td>
<td>Welcome to Summer Dance</td>
</tr>
<tr>
<td>July 11</td>
<td>JamBox featuring Vid Killius and Tim Janish</td>
</tr>
<tr>
<td>Aug. 8</td>
<td>Music Education Centers Concert</td>
</tr>
</tbody>
</table>

**Garden Café Karaoke!**

Wednesdays, May 16, June 20, July 18, Aug. 15

Springdale Farm plant sale
May 29–31, 10 a.m.-2 p.m.

Butterfly release
Tuesday, July 24, 10 a.m.

For information on events, contact Catalina Johnson, social wellness coordinator at cjohnson@pietersfamilylifecenter.org.

**Garden Café Art Gallery Openings**

*Free and open to the public.*

Louise and Lynne Byron:
After a successful 2011 exhibit, Lynne Byron agreed to return and team up with her mother in the gallery’s first mother-daughter show.

**Gallery Display:** May 2–July 3
**Opening Reception:** Friday, May 4, 6–8 p.m.

---

**NOW ENROLLING**

**Expressive Beginnings Child Care**

**PRESCHOOL** (3-year-olds)

**PRE-KINDERGARTEN** (4-year-olds)

**FULL-DAY KINDERGARTEN** (5-year-olds)

- Smaller classes mean more attention
- Experienced kindergarten teachers certified by New York state
- Full-day curriculum with more learning time

**QUALITY BEFORE AND AFTER SCHOOL CARE** (Ages 6-12)

- Homework help in the morning and afternoons
- Planned activities include science projects and creative art
- Busing provided by the Rush-Henrietta Central School District

**SUMMER CAMP: “Passport to Summer”** (Ages 5-12)

- June 25-Aug. 31: Monday-Friday, 6 a.m.-6 p.m.
- Students will learn about the world’s most interesting places and time periods.

---

**Check online for OPEN HOUSES as well as specials and free fitness memberships at the Pieters Family Life Center!**

**On the Pieters Family Life Center campus**

875 Commons Way, Rochester 14623
(585) 340-2077

ExpressiveBeginningsChildCare.org

facebook.com/ExpressiveBeginnings  twitter.com/ExpBeginnings
Recipient of the Henrietta Chamber of Commerce’s “Business Excellence” Award.

Honored nationally as the 2009 Community Builder by the American Network of Community Options and Resources for exemplary work in creating inclusive environments.

Pieters Family Life Center Membership & Benefits

The Pieters Family Life Center offers low-cost memberships to our fitness center, a setting that is welcoming and universally designed to meet the needs of seniors, wheelchair users, individuals with physical and intellectual disabilities as well as athletes and exercisers.

Whether you’re just getting started or simply seeking a new setting that is friendly and hassle-free, the Pieters Family Life Center is the right choice for health and wellness activities!

UPCOMING SPECIAL EVENTS

Blood Drive
Tuesday, May 22 and Thursday, Aug. 23; 9 a.m.–2 p.m.
Consider becoming a blood donor. Your efforts will help many patients see another tomorrow. Call the Life Center at (585) 487-3525 to schedule your appointment.

Family Advocates of Heritage Christian Services Annual Craft Show
Saturday, Oct. 13, 9 a.m.–4 p.m.

BASIC MEMBERSHIP:
Includes unlimited use of the Pieters Family Life Center fitness center.
- Individual: $15 per month
- Household: $30 per month
  One time registration fee of $50

STANDARD MEMBERSHIP:
Includes unlimited use of the Pieters Family Life Center fitness center and access to group exercise programs marked with an ♥.
- Individual: $50 per month
  One time registration fee of $50

PUNCH PASSES:
We also offer 10-visit punch passes:
- Fitness Pass: $20
- Exercise Class Pass: $60