Start fresh for 2013!

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about us

The Pieters Family Life Center, a premier program of Heritage Christian Services, offers more than just exercise classes and therapy programs. We work to create a sense of community that supports all kinds of wellness: physical, social, emotional, spiritual, intellectual and occupational. We’re committed to programming that:

• encompasses all aspects of spirit-mind-body wellness.
• recognizes each person as an individual with unique needs.
• provides avenues for personal growth in multiple areas of individual health and wellness in a caring, supportive environment.

CONTACT INFORMATION
1025 Commons Way
Rochester, NY 14623
Phone: (585) 487-3500
Fax: (585) 487-3527
info@pietersfamilylifecenter.org
pietersfamilylifecenter.org
facebook.com/PietersFamilyLifeCenter
twitter.com/RocPieters

HOURS
Monday-Friday: 6:30 am-9 pm
Saturday: 8 am-5 pm
Holiday Closings:
Tues, Jan. 1 - New Year’s Day
Fri, March 29 - Good Friday
Sat, March 30 - Easter

During inclement weather, check local news stations for closing updates: WHAM TV-13, WHEC TV-10, WROC TV-8, and YNN TV-9.

Lost and Found: If an item is found in or around the Life Center, the item should be dropped off at the reception desk. Unclaimed items will be donated or discarded after 30 days.

To support the health and well-being of our staff, customers and visitors, the Pieters Family Life Center is a non-smoking campus.

Make 2013 Your Best Ever!

It is that time of year again. Everyone sets goals and resolutions. Here are some suggestions to help you get going – or to help you stay the course:

• Take stock of past resolutions. Don’t dwell on what you didn’t accomplish. Focus on what worked well.
• Stop procrastinating. “Just do it.”
• Don’t quit. Give yourself time to succeed. These things don’t happen overnight.
• Write your goal down and share it with someone so you are accountable. The goal becomes real when you see and share it.
• Start with small attainable goals.

Below are two classes that may help you to have a happy and successful 2013:

Back to Basics
Meet with a group of your peers for one hour twice a week for six-weeks; 30 minutes of cardiovascular exercise, followed by two sets of upper and lower body exercise on our weight equipment. Prior to class, time will be set aside for sharing and goal building.

Fee: $30/6-week session
Day Time
Tues/Thurs 2-3 pm

Cardio Boot Camp
Do you like to sweat and push your muscles to the max? This is just the class for you! Strengthen your heart; improve your muscle strength and overall endurance to music that will motivate you.

Fee: $8/class (HCS employees $5)
Day Time
Tuesdays 4:30-5:30 pm

Check out pages 4 and 5 for even more fitness opportunities.
Calling all ladies! Come to the second annual Women's Fair at the Pieters Family Life Center. Join us for a day just for women from 9 a.m. to 4 p.m. March 16. Women, sometimes forget to take time out for themselves. They wear different hats: grandma, mom, sister, daughter, co-worker, volunteer and many others that demand time and energy. This day is for you, to celebrate the health of your mind body and spirit and to rejuvenate. The Life Center has teamed up with area health and wellness organizations including Unity Health System to provide the women in our community an opportunity to focus on their best asset – themselves. Schedule of events includes: speakers on health and wellness, healthy food samples in the Garden Café, demonstrations, vendor area, giveaways and more.

For vendor and updated information, visit www.pietersfamilylifecenter.org.

Make Your Mark is a handwriting class designed for four-year-olds. Children will explore the shape and directionality of capital letters through music, movement and activities. We will use wooden letter pieces, slates and stamp-screens to form letters. The class follows a developmental sequence in letter formation, beginning with lines and curves. Parents are encouraged to stop in during the last 15 minutes of class to see what we have worked on.

Instructor: Noelle Pacer, occupational therapist

Times: 9-9:45 am, Wednesdays, Jan. 9 - Feb. 13
Fee: $70, plus a one-time book fee of $10

Handprints

Three-year-olds and their parents will participate in activities selected for hand development, including shaping the palm, hand transition patterns and mature grasp/release skills. We will use toys, games, scissors, crayons and other media in a play-based setting.

Instructor: Noelle Pacer, occupational therapist

Times: 10:30-11:15 am, Wednesdays, Jan. 9 - Feb. 13
Fee: $65

SPOTLIGHT

Women's Health Fair March 16

Rob Gibson, also known as Robbie, has been participating in art therapy at the Life Center for two years. He was originally referred for art therapy to help with his ability to communicate. Although Gibson’s receptive language is good, his expressive language is delayed, which can create frustration when he is attempting to communicate. Art has been instrumental in assisting in coping with his frustrations. The art studio at the Pieters Family Life Center offers him a calm, nurturing and soothing environment where he can express himself. During hour-long art therapy sessions, he has worked toward enhancing his artistic vocabulary by learning about various art techniques, mediums and artists. One of his first paintings was an action painting that incorporated recycled art materials affixed to a canvas and then splattered with paint in the style similar to Jackson Pollock. Gibson experienced total ownership of his masterpiece by learning how to stretch and prime canvas, work with acrylic paints, and then construct a frame.

Robbie is blessed with a family who encourages his artistic endeavors. He gets ideas for his paintings from art books and from family members who are eager to hang an “R.G.” original in their home. He radiates joy and pride in each painting he completes. Recently, as he left the studio carrying his latest masterpiece he excitedly exclaimed. “My sister is going to be so happy when she sees this!”

For more information on art therapy at the Pieters Family Life Center, call (585) 487-3500.

Creative Arts Therapies
by Sharon Scott, ATR-BC, LCAT

CLASSES FOR PRESCHOOLERS

The following classes are suitable for children who have a variety of abilities and needs. They are perfect for children who have graduated from occupational therapy in early intervention or pre-school. We offer a small class size – only 4 students per class! All classes are led by an occupational therapist.

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Times: 10:30-11:15 am, Wednesdays, Jan. 9 - Feb. 13
Fee: $65

Massage Therapy on a Good Day

Many people may be inclined to wait until they are in great discomfort before they get a massage, but actually getting a massage on a good day does a great deal to head off disaster. It could relieve tension, reduce stress, soothe strain, ease minor aches and pains and avert emotional turmoil – all of which could lead to injury and illness. During a massage, our blood pressure decreases. Our heart rate slows down. More oxygen is getting to all our cells. Our bodies go into regenerate and repair mode. Our minds reorganize and our emotions sort themselves out. All of this can go a long way to improve all the dimensions of our lives.

To schedule an appointment with a massage therapist, call the Pieters Family Life Center at (585) 487-3563.
Class Programs & Descriptions

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/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/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/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/class ♥

STRETCHING AND STRENGTHENING FOR MULTIPLE SCLEROSIS
Increase muscle flexibility and strength to improve coordination, balance and endurance. $7/class ♥

WALK FIT
Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7/class ♥

ZUMBA WITH BODY CONNECTION INSTITUTE
Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7/class

PILATES
Begin 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/class

BACK TO BASICS
Meet with a group of your peers for one hour twice a week for six weeks; 30 minutes of cardiovascular exercise, followed by two sets of upper and lower body exercise on our weight equipment. Prior to class, time will be set aside for sharing and goal building.

Instructor: Cory Kruger
Fee: $30/six-week session

CARDIO BOOT CAMP
Do you like to sweat and push your muscles to the max? This is just the class for you! Strengthen your heart, improve your muscle strength and overall endurance to music that will motivate you in ways you never thought possible.

Instructor: Cory Kruger
Fee: $8/class (HCS employees pay $5)

YOGA
Yoga, a class for everyone! Regardless of age, body type or flexibility, this class will leave you feeling relaxed and refreshed. Not only will you be toning the body and stretching your muscles, you will also be given a much needed chance to relax in a stress-free environment where all you are asked to do is relax and enjoy. There is nothing mystical or religious about yoga class, we are here just to breath, stretch and enjoy the moment.

Instructor: Harland Becker
Fee: $8/class (HCS employees pay $5)

HOOPNOTICA CARDIO HOOP CLASS
Blending the invigoration of cardio with the mind body connection of yoga, Hoopdance is a creative new way to express yourself while burning calories, improving balance, reducing stress, and enhancing strength. Here is what the class covers: Waist hooping, moving around in the hoop, hip hooping, Waist to hip transitions, halos, passing and demonstration dance. Hoops are provided for use at class.

Fee: $10/class (HCS employees $8)

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.

Weds, March 6, 6:30- 8:30 pm

CLASS 2 - SLEEP & PAIN
Learn techniques to keep pain at bay during the night, allowing you to sleep deeply and wake feeling refreshed.

Weds, March 13, 6:30-8:30 pm

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.

Weds, March 20, 6:30- 8:30 pm

CLASS 4 - NUTRITIONAL GUIDELINES TO RESTORE ENERGY
Learn simple cooking tips for meals that power the body, mind and spirit.

Weds, March 27, 6:30-8:30 pm

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.)

Weds, April 3, 6:30-8:30 pm
Class Programs & Descriptions

CONNECTING VOICES
Join Connecting Voices, an ongoing therapeutic-based choir 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 works within a supportive environment specifically designed to provide opportunities for strengthening social connections and improving overall wellness. To register, call (585) 487-3500. There will be no class on March 29 and April 5.

Fee: $7/class or $50/eight-week session

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 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. Your session dates will begin after registration.

BACK HAB
If you have back pain or are just getting discharged from physical therapy for back pain, then this is the class for you. Learn lumbar stabilization exercises to strengthen core muscles in the therapy pool. Class limited to four participants.

Instructor: Elizabeth Grzeskowiak, PT
Fee: $60/6-week session

STEP IT UP A NOTCH
Spice up your workout. If you would like a more challenging program these next two classes may be what you’re looking for. Not for beginners or individuals who may need assistance but for the person who exercises at least three times per week.

Level 1 - Interval walk program will take participants through interval segments that will alternate from challenging speeds (4.0-6.0 MPH) back to cool down and back to challenge again. You will get a great cardio workout as well as improve your endurance and muscle strength.

Level 2 – Interval run program changes up your training program. Water running in the pool is a great way to cross train specific to your running program. Step off the pavement and into our warm water pool for a great alternate workout (we’ll be reaching speeds of 6.0-8.0 MPH). Class limited to four participants.

Instructor: Dawn Chock
Fee: $75/six-week session

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/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/six-week session. For class days and times please call (585) 487-3500.

GOT KNEE/HIP PAIN?
Feel the warmth of the hydrotherapy pool while you stretch and strengthen your muscles. $60/six-week session.

A.Q.U.A (ANSWER QUESTIONS YOU ASK) CHAT
Walk in the warm water, 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/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 Gail Barth for further information at (585) 487-3555.

Fee: $85/six-week session

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).

Fee: $90/six-week session

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

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

• Osteoarthritis and Degenerative Joint Disease
• Stroke
• Surgery
• Swelling Disorder
## Weekly Class Schedule

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>9:00 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Bone Bldg Exercises for Osteoporosis &amp; Arthritis</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>11:15 am-12:15 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-1:30 pm</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:00-5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>6:00-6:30 pm</td>
<td>Step it up a Notch</td>
<td>Dawn Chock</td>
</tr>
<tr>
<td>6:45-7:45 pm</td>
<td>Hoopnotica Cardio Hoop Class</td>
<td>Keith &amp; Jen Moore</td>
</tr>
<tr>
<td>7:00-8:00 pm</td>
<td>Step it up a Notch</td>
<td>Dawn Chock</td>
</tr>
</tbody>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30 am</td>
<td>Yoga</td>
<td>Harland Becker</td>
</tr>
<tr>
<td>10:00 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:00 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-1:30 pm</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>2:00-3:00 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>4:00-5:00 pm</td>
<td>Cardio Boot Camp</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>5:00-6:00 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>5:30-6:30 pm</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>6:00-9:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30 am</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:00-12:00 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4:00-5:00 pm</td>
<td>Back Hab</td>
<td>Elizabeth Grzeskowiak</td>
</tr>
<tr>
<td>4:00-6:00 pm</td>
<td>Got Knee/Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:00-6:00 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>6:00-9:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>2:00-3:00 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>3:00-4:00 pm</td>
<td>My Achy Body! School of the Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>4:00-5:00 pm</td>
<td>My Achy Body! School of the Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>4:00-6:00 pm</td>
<td>Aqua Play</td>
<td>Gail Barth</td>
</tr>
<tr>
<td>5:00-6:00 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>6:00-9:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>6:30-7:30 pm</td>
<td>Yoga</td>
<td>Harland Becker</td>
</tr>
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### FRIDAY

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<th>Class</th>
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</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Stretch and Go! Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-2 pm</td>
<td>AQUA Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:00-2:00 pm</td>
<td>Connecting Voices</td>
<td>Barb Cacia</td>
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</tbody>
</table>

### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
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### Co-ed Intramural Basketball NEW

Put together a team of five co-workers or friends and come to the Life Center to compete against other teams from other Heritage locations and teams from around the community!

Leagues begin Wednesday, Jan. 9 – March 6, meeting every Wednesday night 6:30-9 pm (except Feb. 13).

Contact: Cory Kruger at (585) 487-3567 or ckruger@pietersfamilylifecenter.org

### Wellness Tip

Go for a walk, visit an art museum or go to the park instead of spending time hanging out with your electronic devices. While these devices are wonderful and useful, they do not stimulate our senses like listening to live music or looking at an amazing painting will.

Turning off your electronic devices will also give you more time for meditation and relaxation.

### Additional iPad Services

Enjoy one-to-one consultations and programming to customize an iPad to an individual's needs.

The initial consultation with a speech pathologist will last an hour. During this time, apps will be showcased, trialed and recommendations will be made. The second part of this offer is an option to have your iPad completely programmed and set up worry free!

Fee: $99
Contact: Maria Rosa
Capozzolo M.A. CCC-SLP
(585) 487-3558
Garden Café Events

Social wellness is very important in the overall wellness of individuals and families. The Garden 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. All events are FREE unless otherwise indicated.

February 27: Carnations for Patients
Create bouquets of flowers to brighten someone’s day, carnationsforpatients.com
Time: 7-8:30 pm

March 6: Reviving You Spirit
Join our spiritual life team as they minister to your spirit through music.
Time: 7-8:30 pm

March 13: St. Patrick’s Day Dance
Community dance, PFLC gym
Cost: $3 Time: 7-8:30 pm

March 27: HealthyYou Cook Off
Judge our HealthyYou team’s healthiest dishes.
Time: 7-8:30 pm

April 3: Spa Day at the Life Center
Enjoy an evening of being pampered with chair massages or get your nails manicured.
Time: 7-8:30 pm

April 10: Laughter with Barb is the Best Medicine
Let Barb show you how to apply laughter to your life to relieve tension and stress.
Time: 7-8:30 pm

April 24: Music Education Center Recital
Time: 7-8:30 pm

Contact Catalina Johnson for more information at (585) 487-3500 or cjohnson@pietersfamilylifecenter.org.

ZUMBA

Are you ready to party yourself into shape? That’s exactly what the Zumba program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health. Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive. Since its inception in 2001, more than 14 million people of all shapes, sizes and ages have taken weekly Zumba classes in more than 140,000 locations across more than 150 countries.

When participants see a Zumba class in action, they can’t wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they’re getting fit and their energy levels are soaring! There’s no other fitness class like a Zumba Fitness-Party. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

ZUMBA fitness classes offered Monday – Thursday 5:30 – 6:30 pm
**Upcoming Events**

**WOMEN’S HEALTH FAIR**  
Saturday, March 16 • 9 am-4 pm

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**Start Fresh for 2013**

Hello, my name is Barb Cacia and I am the wellness coordinator at the Pieters Family Life Center. The start of a new year has always been a time for looking back, and more importantly, forward to things to come. It’s a time to reflect on the health and wellness changes we want (or need) to make and resolve to follow through on those changes. Start small, with attainable goals, like walking 15 minutes a day rather than setting a lofty goal, such as walking three miles. Spend more time with family and friends who have the similar goals so you can inspire each other. Take the time to learn something new, it doesn’t matter whether it’s taking a Zumba dance class, piano lessons or a healthy cooking class. Start a gratitude journal and every day try to list five blessings in your life. Journaling will help you see the glass as half full and not half empty. Most importantly, begin 2013 with your goals on the top of your to-do list and don’t forget to believe in you!

Consider taking this opportunity to sign up for a Pieters Family Life Center membership. Below you’ll find several options, including HealthyYou, to help you achieve your personal wellness goals! For more information on HealthyYou or our other membership options please visit: www.pietersfamilylifecenter.org or call us at (585) 487-3500.

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**Membership & Benefits**

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<th>BASIC MEMBERSHIP</th>
<th>HEALTHY YOU</th>
<th>PUNCH PASSES</th>
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| Includes unlimited use of the Pieters Family Life Center fitness center.  
• Individual: $15/month  
• Household: $30/month  
One time registration fee: $50 | Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 per month. Please contact us for more information. | We also offer 10-visit punch passes.  
• Fitness Pass: $20  
• Exercise Class Pass: $60 |