The Benefit of Group Exercise

What does “wellness for the whole person” really mean? “For each person, there are multiple dimensions of wellness - physical, emotional and social - that support overall health and wellbeing,” explains Life Center wellness coordinator Barb Cacia. She adds, “Group exercise programs and classes provide multiple benefits to participants, such as peer support and relationship building, while also being fun and motivating.”

Participating in a scheduled exercise class compels you to make a time commitment to fitness, while the supervision of a skilled instructor assures that everyone uses proper technique to avoid injury.

Creative Arts Therapies Support Emotional Wellbeing

Creative arts therapy at the Pieters Family Life Center employs the therapeutic use of art, music and dance to help people express and process emotions and feelings. Working toward wellness is to strive for balance and emotional health is a big part of achieving that balance. We are made healthier when we express our feelings, share them in a trusting relationship and environment, and connect with other people.

Creative therapies are offered in a one-to-one setting by our certified creative arts therapy staff. We specialize in providing services to individuals with intellectual disabilities, autism, early stage dementia and stroke survivors; also people who may find it difficult to express feelings verbally.

To learn more or for scheduling information, contact (585) 487-3500 or info@pietersfamilylifecenter.org.

Summarizing the benefits:
- **Social:** Working out with others can be fun and motivating. The camaraderie of group exercise also helps prevent boredom.
- **Safety:** Working out as a group, with a trained instructor, encourages proper exercise technique and guards against overexertion.
- **Motivation:** Exercising in groups makes you more likely to stick to a workout program. You’re less likely to give up with your peers cheering you on!

Winter Wellness Tip

Go for a walk even when the weather is really cold – your body has to work overtime to get warm and you may burn up to 50% more calories than you would on the same walk in summer! But remember, go a little slower until you get warm and keep up the hydration.
Inclusive Sport Clinics Bring the Whole Family Together

Super Saturdays Inclusive Sport Clinics bring out the inner athlete in every child! “They are the perfect way to introduce children to a new sport or refine skills needed to be successful in athletic games and activities,” notes Dustin Shepard, adapted physical education specialist at the Life Center.

“The clinics are designed to expose children ages five to 21, to the world of sports in a non-competitive and supportive environment.” All clinics are appropriate for children with intellectual disabilities, their siblings and friends.

Linda Liener, whose two boys, Andrew and Christopher, participate in Super Saturdays sports activities agrees, “It’s a place for both of our boys to participate together and be fully accepted.”

For more information about our inclusive sports clinics, call (585) 487-3500 or visit www.pietersfamilylifecenter.org.

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!

BASIC MEMBERSHIP:

Includes unlimited use of the Pieters Family Life Center fitness center.
- Individual: $15 per month
- Household: $30 per month

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

PUNCH PASS:

We also offer 10-visit punch passes to our fitness center for $20.

Providing outpatient therapy services and group/individualized fitness programs all in one place is unique to the Pieters Family Life Center.

“Exercise plays a crucial role in healing and recovering from disease,” explains Michelle Labossiere-Hall, director of therapeutic advancement at the PFLC. “Physical therapists often prescribe specific exercises to patients as part of their treatment regimen. Having access to the fitness center allows therapists here to work with clients on the very same equipment a patient will use once they are discharged from therapy.”

At the completion of your therapy experience, our therapists can refer you to appropriate fitness classes at the Life Center as you continue your road to recovery. In addition, we offer low-cost memberships so you can continue your prescribed exercises once rehabilitation is complete.

For more information on outpatient therapy services, call (585) 487-3500.
Helping People with Early Stage Dementia and Their Loved Ones

The Pieters Family Life Center supports social wellness, helping people with early stage dementia and their care partners to cope. We have partnered with the Alzheimer’s Association of Rochester to offer the Just Friends Social Club, providing people in the early stages of dementia, as well as their families and friends, with an opportunity to socialize within a safe, nurturing and understanding environment.

“We are excited to offer the Just Friends Social Club and create an environment that encourages growth in social wellness for participants,” says Catalina Johnson, Life Center social wellness coordinator. “We look forward to supporting individuals with early stage dementia and their loved ones to pursue their health and wellness endeavors.” The Just Friends Social Club is enhanced by the Life Center’s expert art, music, dance, speech and occupational therapists, who provide fun and therapeutic activities designed to meet the needs of individuals with early stage dementia.

“We’ve had a positive experience with the staff from the Life Center during past program partnerships,” said Paula Casselman, resource center director for the Alzheimer’s Association of Rochester. “The Life Center has a lot to offer - gym, café, kitchen, workout room - for participants of the Club.”

If you are part of a group that would benefit from a positive social environment and state-of-the-art facilities, contact the Pieters Family Life Center. We’d love to work with you!

For information and scheduling call (585) 487-3500 or email info@pietersfamilylifecenter.org

Whether it's to relieve the stress of care giving or to alleviate chronic pain due to injury or illness, we offer massage therapy to relax and rejuvenate!

Benefits of massage therapy include:
- Pain relief
- Increased metabolism
- Improved circulation
- Stress reduction
- Improved sleep
- Improved joint mobility
- Increased range of motion
- Muscle relaxation

Meet Our Massage Therapist

Mary Jean Audin has 30 years of experience as a licensed massage therapist. She works with clients to design individual treatment plans for recovery from stress, pain, injuries and surgeries to increase their health and wellbeing.

Call her directly at (585) 487-3563 for more information or to schedule a massage.
JAN/FEB CLASS & PROGRAM DESCRIPTIONS

*See class/program schedules on page 6.

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.

Café Chat with Barb: Join Barb Cacia, our wellness coordinator, for an informal question-and-answer session about improving diet and nutrition to promote a healthy lifestyle. FREE

Bone Building Exercises for Osteoporosis & Arthritis: Have you been diagnosed with osteoporosis or arthritis, or were just discharged from physical therapy? Join us and learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safely, to avoid injury! $7 per class ♥

Weight Training and Endurance for Fibromyalgia and Chronic Pain: You are not alone! Join others who live with fibromyalgia and chronic pain. Get moving and strengthen your muscles and your heart—without increasing fatigue or muscle pain. Learn how exercise and social support can help you address chronic pain. $7 per class ♥

Stretch and Go!: Focusing on gentle yoga and therapeutic exercises designed to make you feel your best! A must choice for caregivers who could benefit from a soothing and calm environment for tending to your own wellness needs. $7 per class ♥

Muscles in Motion Exercise Program: Looking to stay active in a supportive environment? Has your doctor recommended joining a beginner exercise class? Look no further! We’ll help you develop a fitness routine to build muscle, increase flexibility and improve endurance. All exercises can be done while seated or standing. This class is especially recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. $7 per class ♥

Stretching and Strengthening for Multiple Sclerosis: Increase muscle flexibility and strength to improve coordination, balance and endurance, safely and at your own pace. This class is designed to provide social support – with a dose of humor and fun - for those living with multiple sclerosis. $7 per class ♥

Pre-Diabetes: Take Control Now!: If you’ve just learned that you have pre-diabetes, act now to lower blood sugar levels and avoid diabetes, without the use of medication! Learn lifestyle changes, increase your physical activity and improve your diet to get you out of the pre-diabetic danger zone. $15 walk-in, $96 per eight-week session

Walk Fit: Are cold temperatures, ice and snow putting a crimp on your outdoor walking schedule? Do you find using the treadmill boring and lonely? Instead, enjoy a little socializing while you walk to music in the Pieters Family Life Center gymnasium. $7 per class ♥

ZUMBA with Body Connection Institute: ZUMBA is a Latin inspired dance fitness class that creates a dynamic, exciting, exhilarating and effective fitness experience. A ZUMBA class offers a music-filled, dance party-like atmosphere that anyone -- non-dancers, new exercisers or those who have shied away from group classes –can enjoy. $7 per class ♥

Pilates: Pilates is an exercise program that tones your body and tends to your mind and spirit. Pilates’ smooth, precise and flowing movements help make you more mindful of your body. $10 per class ♥

The Care and Management of Fibromyalgia and Chronic Pain:
Take advantage of a series of classes designed to cope with chronic pain. Classes are open to anyone suffering from chronic pain, or those simply interested in wellness of body, mind and spirit. 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 that will put you on the road to wellness! $18

Class 2: Sleep & Pain: Partners in the Night: Do you toss and turn throughout the night due to chronic pain? Learn techniques to keep pain at bay, allowing you to sleep deeply and wake feeling refreshed; this is ideal for anyone living with chronic pain. $18

Class 3: Therapeutic Exercise to Decrease Pain and Increase Muscle Power! Does pain keep you from exercising and being physically active? Discover the proper moves to increase flexibility and strength, and stabilize your joints so you can be more active and enjoy life! $18

Class 4: Nutritional Guidelines to Restore Energy!: Too tired to shop for and cook a healthy meal? You need to eat right in order to feel better. Come and learn simple cooking tips for meals that power the body, mind and spirit. This class is also ideal for caregivers who need to restore their energy. $18

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. $18 per family
Aquatic Wellness Programs

The Pieters Family Life Center is home to the region’s first HydroWorx 2000 Therapy and Fitness Pool. This universally designed pool with a water temperature of 91 degrees allows for low-impact therapeutic exercise, as well as more aggressive conditioning for serious athletes. To view, visit www.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. The buoyancy and warmth of the water lessens joint pain as you walk or jog on the flexible underwater treadmill, while the water provides resistance to intensify muscular work out. Participants work out in an intimate setting with no more than four participants per class for lots of personal attention. $50 per six-week session

Interested in a water walking class? All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Please call us at (585) 487-3500 to register!

Wellness in the Water Exercise Class: Do you suffer from arthritis, back pain or stiff muscles and joints? Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing your muscles in our 91-degree, state-of-the-art hydrotherapy pool! Great for winter-time workouts! $60 per six-week session

Got Knee/ HIP Pain?: Did you just complete a knee or hip replacement? Suffering from pain in your knees and hips that makes exercising difficult? Then this class is for you! Feel the warmth of our hydrotherapy pool while you stretch and strengthen your muscles! $60 per six-week session

A.Q.U.A (Answer Questions You Ask) Chat: This one-to-one, personalized program is for those multi-taskers who want to make good use of their time! Walk in our 91-degree, state-of-the-art hydrotherapy pool at a speed tailored to meet your fitness level, while discussing your personal health goals with our wellness coordinator. Call (585) 487-3500 to schedule an appointment. $35 per class

Aqua Play: What could be more fun than a playgroup in the water? Children move to music while playing games in very shallow water. Activities provide sensory feedback in a therapeutic environment to encourage new movements. This is not a swimming group; it has been designed for children with developmental delays and/or autism spectrum disorder. Note: your child must feel comfortable being in the water independently, as one-to-one assistance is not provided. Call for dates and fees.

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

Family Engagement Programs

The Life Center offers a variety of programs that are inclusive and meet the needs of your entire family. Our expert staff has designed programming that allows everyone to participate fully - youth with intellectual disabilities and autism and their siblings, friends, parents and even grandparents! Our enriching programs support physical activity, relationship building, confidence and strengthening family ties.

Super Saturdays is a lively, child-centered program encouraging physical activities that promote social skills and aid gross motor development through adaptive sports clinics and leagues, art/music programs and social events. Super Saturdays is staffed by experts in adaptive physical education, creative arts therapy and social wellness, along with a team of dedicated volunteers.

Play As You Go: A supervised playgroup for children ages 18 months to five years. Children are divided into two groups, ages 18 months to three years and four to five years. Play As You Go offers open gym format, where children can interact with one another in a structured play environment while giving parents or caregivers a much-needed break.

For a current Family Engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

Outpatient Therapeutic and Wellness Services

Unity Physical Therapy & Rehabilitation

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.

HealthSource Chiropractic

The Life Center offers quality chiropractic care in partnership with HealthSource Chiropractic. Chiropractic care is a natural, non-invasive method of maintaining body form, function and structure. HealthSource Chiropractic is the team provider of chiropractic services for the Rochester Rhinos, amerks, Knight-hawks and Razorsharks.

To schedule an appointment, call (585) 225-6430 or visit www.HealthSourceChiropractic.com
### MONDAY

<table>
<thead>
<tr>
<th>Start</th>
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<th>Class</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>7</td>
<td>7:30am</td>
<td>Power Water Walking</td>
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<tr>
<td>8:30</td>
<td>9am</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11</td>
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<td>Bone Bldg. Exercises for Osteoporosis &amp; Arthritis</td>
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<tr>
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<tr>
<td>5</td>
<td>6pm</td>
<td>Zumba</td>
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<tr>
<td>10</td>
<td>noon</td>
<td>Play As You Grow</td>
<td>Barb Cacia</td>
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<tr>
<td>11</td>
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<td>Water Exercise</td>
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<td>Weight Training/Endurance Fibromyalgia &amp; Chronic Pain</td>
<td>Barb Cacia</td>
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<td>Pre-Diabetes (Tuesdays through Feb. 22)</td>
<td>Barb Cacia</td>
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<td>7pm</td>
<td>Pilates</td>
<td>Barb Noskie</td>
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### WEDNESDAY

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<td>noon</td>
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<td>Stretch &amp; Strengthening for MS</td>
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<td>4:30</td>
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<tr>
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<td>noon</td>
<td>Play As You Grow</td>
<td>Barb Cacia</td>
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<tr>
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<td>7pm</td>
<td>Pilates</td>
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<td>Water Walking (every 1/2 hour)</td>
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### FRIDAY

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<td>Stretch &amp; Go Exercise</td>
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<td>Barb Cacia</td>
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<tr>
<td>1:30</td>
<td>2pm</td>
<td>Aqua Fitness</td>
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### SATURDAY

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<tr>
<td>9</td>
<td>12:30pm</td>
<td>Super Saturdays</td>
<td>D. Shepard</td>
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### A Series led by Barb Cacia: The Care & Management of Fibromyalgia and Chronic Pain

What is Fibromyalgia and How is it treated?
Wed., Jan. 12, 6:30-8:30 p.m.

Sleep & Pain: Partners in the Night
Wed., Jan. 19, 6:30-8:30 p.m.

Therapeutic Exercise to Decrease Pain
Wed., Jan. 26, 6:30-8:30 p.m.

Nutritional Guidelines to Restore Energy
Wed., Feb. 2, 6:30-8:30 p.m.

Fibromyalgia and Families
Wed., Feb. 9, 6:30-8:30 p.m.

Chat Café with Barb
Tuesdays, Feb. 22, March 22, 11:45 a.m. - 12:15 p.m.
Garden Café is the Center’s Heart

The Garden Café is the perfect spot to grab a cup of coffee or a light lunch, while building a network of friends.

The café’s gallery features an ever-changing display of artwork and hosts gallery openings, live music, karaoke nights and other events.

The Garden Café offers a reasonably priced menu of sandwiches, wraps, salads and snacks, as well as a wide selection of teas, coffees, smoothies and specialty drinks.

Find café events at www.pietersfamilylifecenter.org.

Heritage Christian Offers New Service

Heritage Christian Services is expanding and building a new child care center on its Pieters Family Life Center campus on Commons Way in Henrietta. The 10,000 square-foot center, Expressive Beginnings Child Care, will serve 116 children, ages two months to 12 years, accommodating both those with and without special needs, and is endorsed by the Child Care Council, which promotes child development to families and service providers by offering informative resources, training and professional support.

Expressive Beginnings Child Care’s learning curriculum is designed to honor each child’s creative expression and is steeped in the visual and performing arts. Unique to the child care center is the easy access to top-notch therapeutic and recreational services right next door at the Pieters Family Life Center. For example, a parent may enjoy a workout in the fitness room before walking next door to pick up their child. Or, maybe a child will receive music therapy sessions during his or her day at Expressive Beginnings. Between the two programs, there is an unbelievably wide variety of services for family members of all ages.

With the Pieters Family Life Center next door, they are lots of complementary fee based recreational and therapy services available.

Expressive Beginnings will offer full day kindergarten, before and after school care, and a school age summer program. Enrollment for the child care center will begin in May, with a projected opening of August 2011.

FEBRUARY RECESS ACTIVITIES

Bring your kids to the Falls View Academy Winter Fun Club at the Pieters Family Life Center during school’s February break, Feb. 21-25.

Falls View Academy, a local education services provider, will provide a week of enrichment, education, and fun! Fun, theme based activities, led by highly qualified New York State teachers, will be tailored to meet individual academic and social goals. For more information visit www.fallsviewacademy.com or call (585) 624-8184.

Currently on display in the Garden Café Art Gallery through Feb. 15.

ART EXHIBIT: COLETTE GILMORE & PABLO GAVILONODO

The Garden Café gallery hosts two-person exhibits featuring an artist with developmental disabilities and a professional artist. Artwork is displayed for six weeks, including and are made possible with the support of NextGen Rochester.

FEBRUARY
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ART EXHIBIT: COLETTE GILMORE & PABLO GAVILONODO

Currently on display in the Garden Café Art Gallery through Feb. 15.

The Garden Café gallery hosts two-person exhibits featuring an artist with developmental disabilities and a professional artist. Artwork is displayed for six weeks, including and are made possible with the support of NextGen Rochester.
Honored nationally as the 2009 Community Builder by the American Network of Community Options and Resources for exemplary work in creating inclusive environments.

The Pieters Family Life Center, a premiere program of Heritage Christian Services, offers so much 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. And 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 INFO. & DIRECTIONS
1025 Commons Way
Rochester, NY 14623
Phone: (585) 487-3500
Fax: (585) 487-3527
Email: info@pietersfamilylifecenter.org
www.pietersfamilylifecenter.org
www.facebook.com/PietersFamilyLifeCenter

Hours of Operation
Monday-Friday: 6:30 a.m. – 9 p.m.
Saturday: 6:30 a.m. – 5 p.m.
Check our website for holiday hours.

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

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