

THE PIETERS FAMILY *life center*

For more information, please complete
this form or visit our website at
www.pietersfamilylifecenter.org

Name _____

Address _____

City/State/ZIP _____

Telephone _____

Email _____

Please contact me about the following:

- Therapy services
- Physical fitness programs
- Recreational and arts programs
- Sports leagues
- Spiritual development programs
- Cooking and nutrition classes
- Social clubs
- Volunteering
- I would like information on other programs offered by Heritage Christian Services
- I would like information on how to make a financial contribution
- I would like to receive the program guide that lists the various activities and learning experiences offered at Life Center.

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*Wellness for the whole person ...
all in one place.*

Ask about our affordable rental rates. We have the perfect space for:

- ✦ Business meetings, workshops and conferences
- ✦ Clubs, sports leagues and athletic training
- ✦ Weddings, birthday parties and other celebrations

Hours of operation

Monday-Friday, 6:30 a.m. - 9 p.m.
Saturday, 8 a.m. - 5 p.m.



HERITAGE
CHRISTIAN SERVICES

1025 Commons Way
Rochester, NY 14623-3152

Tel. (585) 487-3500
Fax (585) 487-3527

www.pietersfamilylifecenter.org
www.facebook.com/PietersFamilyLifeCenter
www.twitter.com/RocPieters
www.youtube.com/pflcwellness

The Pieters Family Life Center is a smoke free campus.



THE PIETERS FAMILY *life center*

A premiere program
of Heritage Christian Services



*Where you can ...
Recharge your body
Refresh your mind
Renew your spirit*

The Pieters Family Life Center is a 21,000-square-foot health and wellness center designed to meet all of your wellness needs—body, mind and spirit. Because the Pieters Family Life Center is a program of Heritage Christian Services, the center offers a uniquely welcoming environment. For more than 27 years, HCS has offered care for people with developmental disabilities—and that expertise influences everything at the Life Center. It's not just a wheelchair accessible building. It's a place where everyone is on equal ground.

Recharge your body

The Life Center offers:

- ✘ Health and wellness experts to custom design your fitness plan
- ✘ Support when faced with arthritis, neurological disorders and chronic pain issues
- ✘ Fitness equipment that is wheelchair accessible and easy to use
- ✘ A state-of-the-art hydrotherapy pool—one of only two in the region for those who are recovering from joint replacement, those seeking sports conditioning and those who can benefit from low impact aquatic exercise
- ✘ Physical therapy and rehabilitation on site
- ✘ Multi-purpose gymnasium for sports and family recreation
- ✘ Dozens of fitness programs for all ages and abilities
- ✘ Fitness membership as low as \$15/month

“I always feel better after having taken part in classes. I've learned a lot about nutrition and how to keep my body fit.”

Phyllis Edkins, who does Stretch and Go, Walk Fit and Muscles and Motions.

Refresh your mind

Come to the Life Center to find:

- ✘ Traditional therapies including speech, occupational, massage, women's health and chiropractic services
- ✘ Creative arts therapy in music, art and dance movement
- ✘ Dance, art and music programs
- ✘ Classes and programs for people with Parkinson's disease and Alzheimer's and their caregivers
- ✘ Family friendly, inclusive concerts, performances and other activities year-round

“The programs and activities give Eleanore the opportunity to be part of something while allowing me time exercise or just read a book. I feel welcomed and at home there.”

Barb Headly, whose daughter, Eleanore, participates in youth activities at the Life Center.



The HydroWorx 2000 therapy and fitness pool has an underwater treadmill and resistance jets.



The Life Center offers programs for children of all abilities including a youth soccer program and the Magic Paintbrush Project.

Renew your spirit

At the Life Center, you'll discover:

- ✘ Spiritual reflection room where you can step away from your normal routine
- ✘ Seasonal, nondenominational programs to help you regain your spiritual balance
- ✘ The Garden Café, where you can connect with friends over a cup of coffee or a light lunch
- ✘ Artwork by artists with and without disabilities plus exhibition openings and concerts
- ✘ Outdoor patio and gardens that invite you to pause and reflect
- ✘ Volunteer opportunities to lift your spirits by helping others

“It's a great place for me to get out and meet new friends.”

Margaret Moriarty, who uses the pool for fitness programs.



The Garden Café serves coffee, tea, salads, sandwiches and more. Free Wi-Fi.



The Life Center provides health and wellness services for people of all ages and abilities.