



LAKESHORE

Your Weekly Update

July 14, 2021

Member News

The Encompass Health Lakeshore Hospital cafeteria on campus is open to members Monday through Friday from 11 a.m. to 2 p.m. The back entrance is open for convenient access. Please remember that **masks are required** while in the hospital and cafeteria.

On Monday, August 2 no aquatics classes will be offered. This is due to our Aquatics staff working our Camp Strive family camp.



One Month Until Celebration of Champions!

In our lead up to **Celebration of Champions**, we have talked a lot about our Paralympians who train at Lakeshore, but supporting Paralympians is just one part of what we do. Every day we work to support *you*, our local members in achieving your goals. Whether you are a young wheelchair basketball player aspiring to play for Team USA or a grandparent wanting to improve your health and fitness, Lakeshore is here to support you.

[Get Your Free Tickets!](#)

That is why we hope you will join us for **Celebration of Champions** virtual event on August 12. It costs nothing to attend and will be an hour of high-energy motivation and celebration as we raise funds to support our mission.

[Register today](#) to attend, and invite your friends and family. There is still time to be a [Table Captain](#) and raise support for your virtual table.

Your Weekly Reservations

Reservations are no longer needed for lap lanes. Reservation links and class schedules can always be found on our [Member Classes and Programs webpage](#).

[Make a Reservation](#)



Start your journey from Lakeshore to Tokyo

Lakeshore to Tokyo has officially begun, so it's time to start logging your minutes of exercise! Still haven't registered? You have until July 16, so [register](#) today.

You may log your minutes of exercise each day by clicking the Tracking Form button below, using the iPad in the Fitness Center, or scanning the [QR codes](#) with your smart phone at the bulletin board in the Atrium.

Don't forget, exercising is not the only way to earn your miles. Click the Watch Videos button to view Paralympic sport

[Give Today](#)

Lakeshore Foundation | lakeshore.org

