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.

The Pieters Family Life Center
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.

A premiere program of Heritage Christian Services

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

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.

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.