

# Member of the Month

• July 2015 •



**Christina King**

Congratulations to Christina King, our July Member of the Month. Christina has just graduated from one of our Exercise is Medicine Programs, Cancer Fitness. She and Hilary worked side by side gaining strength both physically and emotionally. LIFT has been a wonderful stress-reliever for her. She is in here 2 to 3 hours a day focusing on her health and overall well-being. She has been an amazing advocate for LIFT. She is always promoting and uplifting our facility and it's benefits! Thank you, Christina, for your dedication to us and yourself!

