



Help LHC Support another Member!



Mark Your Calendars

30 Year LHC Anniversary Celebration
Sat, Feb. 26th
4:30-7:00 pm

The Club will close at 5 pm.

At Sports Basement
in Walnut Creek
RSVP at Front Desk!

Connect With LHC

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You will find:
Current hours,
Class schedules,
New Events,
And more ...

lafayettehealthclub.com

REMINDER: CELEBRATE 30 YEARS with US!

Our Anniversary party is coming up.

Saturday, Feb. 26th
4:30-7:00 p.m.

The Sports Basement in Walnut Creek
Ygnacio Valley Blvd.

RSVP at the Front Desk



We will close early, at 5:00 pm, on the day of the party.

Shop while you are there and receive 20% OFF on all items. Bring friends and family members!

Snacks and libations. Get some new workout clothes or shoes. They have all kinds of sports apparel, skiing, swimming, running, yoga, camping, hiking, biking and more.

Come to the Party and get a special anniversary T-Shirt!

Tell a friend:

First Month only \$30!
In celebration of our 30 year mark!

(when you sign up on the EFT monthly)

Support an LHC Member!

We've got some great members at LHC! When our members are doing interesting and important, we like to share it with our LHC community.

Paul Mariano has been doing just that. He's been busy making a film. Please help us to share and give this film as much exposure as possible. If enough people view the film, it could be enough to make the big screens!

It's only available through Feb. 22nd, so be sure to watch it soon!

Sincerely,

Debbie Swigert

Lafayette Health Club

These Amazing Shadows

Paul Mariano recently finished production on a documentary film, "**These Amazing Shadows**", that just showed at the Sundance film festival. It has been very well-received and reviewed (read the reviews below).

The film has been purchased by IFC, and is being shown by way of Video-on-Demand, as part of a Sundance Selects program.

Please help us in helping Paul get as much exposure (and rentals) as possible for the film. He'd like to see it lead to a theatrical release of the film.

Watch it for yourself! Forward the link to your friends!

[Watch the film](#)

Watch it now!
*The current VOD release
expires on February 22nd.*

**If you like the movies (and who doesn't) ...
you'll love this film!**

THESE
**AMAZING
SHADOWS**
THE MOVIES THAT MAKE AMERICA
A FILM BY PAUL MARIANO & KURT NORTON

NOW AVAILABLE NATIONWIDE
ON DEMAND DIRECT FROM THE
SUNDANCE 11
FILM FESTIVAL

As the government-appointed protector of our cinematic legacy, the National Film Registry selects culturally, historically, or aesthetically significant works for preservation in the Library of Congress. THESE AMAZING SHADOWS is an engrossing and emotional trip down memory lane with this fascinating look at the selection and preservation of the best movies ever made.

AVAILABLE NOW ON DEMAND
VIA COMCAST, COX, CABLEVISION,
TIME WARNER & BRIGHT HOUSE.

sundance
SELECTS

For more information, visit
www.sundanceselects.com

OFFICIAL SELECTION
2011
SUNDANCE
FILM FESTIVAL

Film Reviews

The Hollywood Reporter

"Paul Mariano and Kurt Norton's inspiring documentary makes an illuminating case for this vital institution as America's time capsule and family album."

Reel Film Reviews

"Mariano and Norton effectively take the viewer on a cinematic tour..."
"the movie contains a number of eye-opening, downright fascinating

stretches..."

GordonAndTheWhale.com

"With most modern documentaries being more focused on the filmmaker's own political, social or economical bent...However, none of them can truly compare to Paul Mariano and Kurt Norton's love letter to one of the film world's sole remaining bastions for film history and film restoration. In both the best, and the worst, possible ways."

**1st Month
Only \$30!**

In Celebration of our 30 Year Mark

When you sign up on the EFT.

Offer Expires: 4/30/2011