



FOR IMMEDIATE RELEASE

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## REGYMEN Fitness class supports Lakeview Center residential facilities

**Pensacola, Fla. (Nov. 13, 2023)** – The giving spirit was already in full swing this holiday season at REGYMEN Fitness Pensacola, which collected 50 sheet sets for Lakeview Center through their REGYMEN Gives Back event on Saturday, Nov. 4.

REGYMEN Pensacola, located at 5007 N. Davis Hwy., offered a free class open to the public, where the registration fee was a twin set of sheets, benefitting residential facilities that serve children and adults with mental health and substance misuse issues at Lakeview Center.

"We set out with a goal, a vision of strength not only in fitness but in community spirit—and what a heartwarming sight it was to see that vision come to life," said Leah Seacrest, REGYMEN Pensacola owner. "With each set, we've provided a touch of comfort and care to those who need it most. Our REGYMEN Gives Back event was not just a success – it was a testament to the generosity and compassion that each of our members embodies."

Shawn Salamida, Lakeview Center president, was thankful for the number of participants in the series and moved by the donations collected. "We are grateful for community partners like REGYMEN Pensacola, who look for ways to help their community and those in need. This incredible contribution will go a long way in supporting the children, teens, and adults seeking care at Lakeview Center. We are excited for this special touch to make their stay more comfortable."

For more information on how to support programs like this, visit [eLakeviewCenter.org](http://eLakeviewCenter.org).

### Photo caption

*REGYMEN Pensacola owner Leah Seacrest, Lakeview Center Marketing Director Kelsi Gulig and REGYMEN Pensacola Team Director/Head Coach Jenn Jordan. REGYMEN Pensacola collected 50 sheet sets for Lakeview Center residential centers at an event on Nov. 4.*

### About Lakeview Center

*Lakeview Center provides comprehensive behavioral health care to adults and children with mental illnesses, drug and alcohol dependencies and intellectual disabilities. Across Northwest Florida, our services range from residential treatment to outpatient counseling, psychiatry, trauma care, treatments for substance misuse and 24/7 support for those with serious mental illnesses. Learn more at [eLakeviewCenter.org](http://eLakeviewCenter.org).*

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