

APRIL



PROUD MEMBER OF **LCMC** | HEALTH

EVENTS & PROGRAMS

TUESDAY • APRIL 4

9am: Registration • 9:30am: Class
Terrytown Center • 175 Hector Ave.

SENIOR CIRCUIT

PEOPLES HEALTH WELLNESS PROGRAM

For beginners, a low impact, moderate intensity class that will help jump start your fitness level.

For more information or to register, please call 1-800-561-4127 or register online at www.peopleshealth.com/wellness.

FRIDAY • APRIL 7

11am - 1pm • Budget Saver
1951 Barataria - Marrero

HEALTHY LUNCH SOCIAL

Join us in observance of National World Health Day. Get your blood pressure checked and enjoy our fitness discussion.

THURSDAY • APRIL 13

Noon - 1pm • Marrero Center
1121 Medical Center Blvd.

WELLNESS TALK

"Benefits of Yoga"

Presented by Denise Hoffman, WJ Fitness Center

FRIDAY • APRIL 14

6 - 7:30pm • Marrero Center
1121 Medical Center Blvd.

LINE DANCING DATE NIGHT

FREE for WJ Fitness Center Members/\$10 per Guest

Please join us for a night out. Let's get moving and have fun all at the same time!

THURSDAY • APRIL 20

Noon - 1pm • Marrero Center
1121 Medical Center Blvd.

NUTRITION TALK

"How to Cut Back on Sodium"

Presented by TeNeal Macaluso, RD, LD, WJ Fitness Center Dietitian

THURSDAY • APRIL 27

Noon - 1pm • Marrero Center
1121 Medical Center Blvd.

KNEE & HIP PAIN - WHAT'S MY NEXT STEP?

"What You Need To Know Before and After Surgery"

Presented by **Wesley A Clark, MD**, Orthopedic Surgeon, Robert Hughes, Executive Director, WJMC Rehab Services and Christina Maise, Mastered Exercise Specialist, West Jeff Fitness Center

To learn about the fitness and wellness services provided by West Jeff Fitness Center, call **504.349.6164**