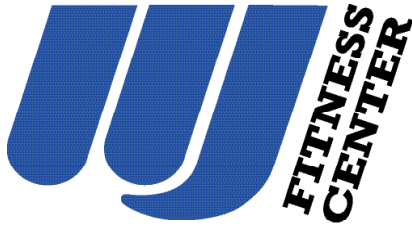


MAY



PROUD MEMBER OF **LCMC** | HEALTH

EVENTS & PROGRAMS

FRIDAY • MAY 4

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

HEALTHY LUNCH SOCIAL

"Benefits of Yoga, Stretching, Relaxation and Meditation"
Get your BP checked, Free light lunch and enjoy our fitness discussion.

MONDAY • MAY 7 - 11

Terrytown Center
Marrero Center

MEDICAL FITNESS CHALLENGE - KICK OFF

Take the challenge & be ready to MOVE!
The ACSM encourages us to be physically active at least 150 min per week. Join the fun by completing your MOVE150 card. All who finish will be entered in a drawing on Fri, May 18. For more details on the MOVE150 program see the front desk or fitness staff.

We invite WJFC Members to bring a friend to join you this week.

THURSDAY • MAY 10

6pm - 7pm
175 Hector Ave - CC Rm

FUELING YOUR WORKOUT

Presented by Marian Vigo, RDN
Informative Dietitian talk with question and answer discussion.

FRIDAY • MAY 11

8am - Noon
Terrytown Center
175 Hector Ave

STROKE AWARENESS DAY

Get Educated • Free Screenings • Discover the Warning Signs of a stroke • **Free Carotid Artery Screenings**
RSVP: wjmc.org/stroke or (504) 349-1789 is required.

FRIDAY • MAY 11

6pm - 7:30pm
Marrero Center - Act Rm 1
1121 Medical Center Blvd

LINE DANCING DATE NIGHT

Class Fee: \$10 per class / FREE for WJ Fitness Center Members
Please join us for a night out. Let's get moving and have fun all at the same time!

FRIDAY • MAY 25

9:30am - 10:30am
Terrytown Center - Act Rm1
175 Hector Ave.

SENIOR CIRCUIT - PHN 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.

WEDNESDAY • MAY 30

9am - Noon
Terrytown Center
175 Hector Ave.

NATIONAL SENIOR HEALTH & FITNESS DAY

Free Coffee • 9:30am Senior Circuit • 10:15am Zumba • 10:15am Senior Circuit • 11am Senior Fit Test/Light Refreshments • 11:30am Get Moving! Outdoor DOC Walk • Noon Chair Yoga Demo

We invite ALL Senior Adults to come see what we have to offer.

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