

# FEBRUARY IS AMERICAN HEART MONTH



## FREE HEART HEALTH EVENTS & PROGRAMS

### FRIDAY • FEBRUARY 2

Terrytown Center • 175 Hector Ave.  
Marrero Center  
1121 Medical Center Blvd.

### FRIDAY • FEBRUARY 2

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

### WEDNESDAY • FEBRUARY 14

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

### WEDNESDAY • FEBRUARY 14

11am - 11:30am  
Terrytown Center • 175 Hector Ave.

### THURSDAY • FEBRUARY 15

4pm - 7pm  
Terrytown Center • 175 Hector Ave.

### FRIDAY • FEBRUARY 16

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

### FRIDAY • FEBRUARY 23

10:30am - 1pm • Marrero Center  
1121 Medical Center Blvd.

For Information, Call  
**504.349.6164**

### WEAR RED DAY

Wear red to show your support for heart disease awareness!  
Stop by either West Jeff Fitness Center for a tour and receive a  
FREE guest pass.

### HEART HEALTHY LUNCH SOCIAL

Join us in red attire, in observance of National Wear Red Day, and help us  
raise awareness of heart disease. Get your blood pressure checked and  
enjoy our Jump Rope Challenge Demonstration.

### 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](http://www.peopleshealth.com/wellness).

### "HEART" WELLNESS TALK

"Favorites Fats for February" Presented by Marian Vigo, RDN, LDN,  
West Jefferson Medical Center Dietitian.

### FREE KIDS NIGHT

*FREE for ages 1 to 12 years old.*  
Please join us to get your little ones moving with fun activities.

### LINE DANCING HEART HEALTH 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!

### HEART HEALTH FAIR

10:30am Jump Rope Challenge  
11:00am FREE Line Dancing Class  
Noon Physician Talk by Edmund K. Kerut, MD  
Blood Pressure & BMI Screenings • Light Lunch • Door Prizes  
Pre-registration is required. Call 504.349.6164 or register online  
at [wjmc.org/fitnesscenter](http://wjmc.org/fitnesscenter)