

## August 2014



**Thumbs Up Health** 

August 1 11 AM to 1 PM

Snack Healthier



1951 Barataria Blvd. at Lapalco



**Screening** 

August 13 11 AM to Noon

BMI and Body Fat Screening

West Jeff Fitness Center- Marrero 1121 Medical Center Blvd.



**Screening** 

August 11 11 AM to Noon

BMI and Body Fat Screening

West Jeff Fitness Center- Oakwood 175 Hector Ave. - Next to Oakwood Mall



**Fitness Seminar** 

August 27 5PM

**Kids Fitness** 

West Jeff Fitness Center- Oakwood
175 Hector Ave. - Next to Oakwood Mall



