

MAY



PROUD MEMBER OF LCMC | HEALTH

EVENTS & PROGRAMS

FRIDAY • MAY 5

8am - Noon • Terrytown Center
175 Hector Ave.

FRIDAY • MAY 5

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

FRIDAY • MAY 12

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

THURSDAY • MAY 25

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

TUESDAY • THURSDAY

Marrero Center
1121 Medical Center Blvd.

STROKE AWARENESS THINK F.A.S.T

Face • Does it look uneven?

Arms • Does one drift down?

Speech • Does it sound strange?

Time • CALL 9-1-1 immediately!

- Get Educated
- Get FREE Screenings
- Discover the Warning Signs of a Stroke

FREE Carotid Artery Screenings*

RSVP is required. Space is limited. First come, First served.

To register, please call 504.349.1789 or register Online at wjmc.org/stroke

HEALTHY LUNCH SOCIAL

"Stroke Awareness and Exercise"

Get your blood pressure checked and enjoy our fitness discussion.

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!

BOOM

PEOPLES HEALTH WELLNESS PROGRAM

A dance workout class that improves cardiovascular endurance for active Baby Boomer. For more information or to register, please call 1-800-561-4127 or register Online at www.peopleshealth.com/wellness.

DIABETES EDUCATION & NUTRITION CLASS

Class Fee: \$5 per class / FREE for WJ Fitness Center Members

Diabetes is common, chronic and controllable. Education is the key to living well. Let us help you successfully manage your diabetes. See www.wjmc.org/fitnesscenter for upcoming classes.

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