



September 2012



Sept. 7 11 AM to 1 PM

Prostate Cancer Risk Factors



Seminar

Sept. 19 12:30 PM

Strength & Stretch

West Jeff Fitness Center- Marrero
1121 Medical Center Blvd.



Supermarket Excursion

Sept. 21 11 AM to Noon

Strategies for Good Health



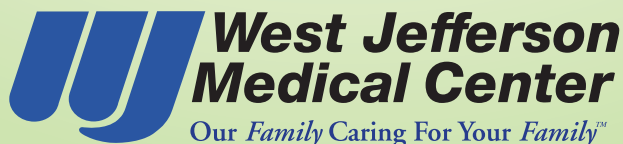
Screenings

Sept. 26 9 AM to 10 AM

Body Fat West Jeff Fitness Center- Marrero
1121 Medical Center Blvd.

Sept. 27 9 AM to 10 AM

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



For More Information, Call (504) 348-0055

is a wellness program of West Jeff Fitness Centers
in conjunction with Laborie's Budget Saver