

October 2012 Breast Cancer Awareness Month



Oct. 5 11 AM to 1 PM

What Is
Breast Cancer?



Seminar

Oct. 17 5:30 PM

Breast Health
Awareness

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



Supermarket Excursion

Oct. 19 11 AM to Noon

Cancer
Prevention



Cooking Demonstration

Oct. 25 11 AM

Chef Paul Prudhomme
Magic Seasoning Blends

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



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

For More Information, Call (504) 348-0055