

JANUARY



PROUD MEMBER OF **LCMC** | HEALTH

EVENTS & PROGRAMS

SUNDAY • DECEMBER 31

1121 Medical Center Blvd. Marrero

NEW YEAR EVE - CLOSED AT NOON

MONDAY • JANUARY 1

1121 Medical Center Blvd. Marrero
175 Hector Ave. Terrytown

NEW YEAR - CLOSED

FRIDAY • JANUARY 5

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

HEALTHY LUNCH SOCIAL

"New Year, New You"

Get your blood pressure checked and enjoy our fitness discussion.

FRIDAY • JANUARY 12

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

LINE DANCING DATE NIGHT

Class Fee: \$10 per class / FREE for WJ Fitness Center Members

Please join us for a night out. Let's get moving and have fun all at the same time!

FRIDAY • JANUARY 19

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

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.

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