

# MARCH



PROUD MEMBER OF **LCMC** | HEALTH

## EVENTS & PROGRAMS

### FRIDAY • MARCH 2

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

### HEALTHY LUNCH SOCIAL

"Women's Health with Denise Hoffman"  
Get your blood pressure checked and enjoy our fitness discussion.

### FRIDAY • MARCH 9

6pm - 7:30pm  
Marrero Center - Activity Room 1  
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!

### THURSDAY • MARCH 15

5pm - 6pm  
Marrero Center - Lobby  
1121 Medical Center Blvd

### ASK THE DIETITIAN - Q & A

Presented by Marian Vigo, RDN  
Foods to Eat Before and After Exercising

### FRIDAY • MARCH 16

9am: Registration • 9:30am: Class  
Terrytown Center - Activity Room 1  
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](http://www.peopleshealth.com/wellness).

### TUESDAY • MARCH 20

10:30am - 11:30am  
Terrytown Center - Lobby  
175 Hector Ave.

### ASK THE DIETITIAN - Q & A

Presented by Marian Vigo, RDN  
Dieting - Does it help or hurt?

### WEDNESDAY • MARCH 21

Noon  
Marrero Center - Activity Room2  
1121 Medical Center Blvd.

### DOCTALK

Presented by Ryan Glass, MD  
FEMALE INCONTINENCE

Informative physician talk with question and answer discussion

CHAIR YOGA 11:45AM • LIGHT REFRESHMENTS • DOOR PRIZE

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