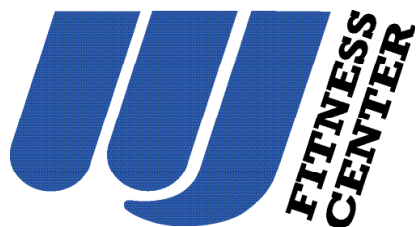


# APRIL



PROUD MEMBER OF **LCMC** | HEALTH

## EVENTS & PROGRAMS

### FRIDAY • APRIL 6

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

### HEALTHY LUNCH SOCIAL

"Importance of Sleep"  
Get your blood pressure checked and enjoy our fitness discussion.

### FRIDAY • APRIL 13

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!

### TUESDAY • APRIL 17

Noon - 1:00pm  
Marrero Center - Activity Room 1  
1121 Medical Center Blvd

### DOCTALK

Presented by Charles Ballay, MD  
Sinus Infections  
Informative physician talk with question and answer discussion

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

### WEDNESDAY • APRIL 25

9am: Registration • 9:30am: Class  
Terrytown Center - Activity Rm 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).

### WEDNESDAY • APRIL 25

3pm - 4pm  
Marrero Center - Activity Rm 2  
1121 Medical Center Blvd.

### HEALTH BENEFITS OF EXERCISE

### Quantity and types of exercise for maximum benefits

Presented by Marian Vigo, RDN  
Informative Dietitian talk with question and answer discussion

### THURSDAY • APRIL 26

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

### FUELING YOUR WORKOUT

Presented by Marian Vigo, RDN  
Informative Dietitian talk with question and answer discussion

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