



PROUD MEMBER OF LCMC | HEALTH

EVENTS & PROGRAMS

FRIDAY • SEPT 1

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

HEALTHY LUNCH SOCIAL

"Healthy Backs – Back Safety"

Get your blood pressure checked and enjoy our fitness discussion.

FRIDAY • SEPT 8

6 - 7:30pm • 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!

WEDNESDAY • SEPT 27

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.

WEDNESDAY • SEPT 27

11:30am - 12:30am
Terrytown Center • 175 Hector Ave.

EATING FOR WEIGHT LOSS WITH FITNESS TIPS

Class Fee: \$5 per class / FREE for WJ Fitness Center Members

Presented by TeNeal Macaluso, RD LD and Christina Maise

All are invited to join us for a nutrition and fitness lesson. Healthy weight is about balancing food intake with physical activity, and small changes can make a big difference. Join us to learn more.

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