

Peoples Health invites you to join us for our ongoing series of presentations and fitness classes.

These events are free and open to the public.

Friends Welcome! Don't want to come alone? Register yourself and a friend for any of these events.

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All About Apps Mandeville Senior Center Mandeville 12:30 p.m.</p> <p>5</p>	<p>How to Save on Medicare Costs Vermilion Council on Aging Abbeville 9 a.m.</p> <p>Medicare Bingo Franklinton Senior Center Franklinton 9:30 a.m.</p> <p>Music Therapy Norco Activity Center Norco 10:30 a.m.</p> <p>6</p>	<p>Bean Bag Baseball Sojourner Truth Neighborhood Center New Orleans 12 p.m.</p> <p>7</p>	<p>The Advantage of Medicare Advantage Schriever Senior Center Schriever 9:30 a.m.</p> <p>Facebook 101 Ochsner Fitness Center Harahan 10 a.m.</p> <p>8</p>	<p>9</p>
<p>Walking Bingo St. Anne Catholic Church Youngsville 9 a.m.</p> <p>12</p>	<p>Couponing Secrets and Strategies Acadia Council on Aging Crowley 9:30 a.m.</p> <p>13</p>	<p>All About Apps Michael J. Kenney Recreation Center Hammond 10 a.m.</p> <p>14</p>	<p>Walking Bingo Bridge City Senior Center Bridge City 10 a.m.</p> <p>Looking Forward to Healthy Aging Hammond Senior Center Hammond 10:30 a.m.</p> <p>15</p>	<p>Chair Volleyball Estelle Senior Center Marrero 10 a.m.</p> <p>16</p>
<p>19</p>	<p>Chair Volleyball Lacombe Senior Center Lacombe 9:30 a.m.</p> <p>8 Things You Need to Know About Medicare St. Bernard Council on Aging Chalmette 10:30 a.m.</p> <p>20</p>	<p>Senior Circuit West Jeff Fitness Center Terrytown 9:30 a.m.</p> <p>Couponing Secrets and Strategies Gretna Senior and Wellness Center Gretna 11:45 a.m.</p> <p>21</p>	<p>How to Save on Medicare Costs Acadian Heritage Apartments Scott 9 a.m.</p> <p>Overcoming Depression Ochsner Fitness Center Harahan 10 a.m.</p> <p>22</p>	<p>All About Apps St. Landry Council on Aging Opelousas 10:30 a.m.</p> <p>23</p>
<p>Planning for Future Care Gretna Senior and Wellness Center Gretna 11:15 a.m.</p> <p>26</p>	<p>How to Save on Medicare Costs Denham Springs Senior Center Denham Springs 9:30 a.m.</p> <p>27</p>	<p>Registration is required.</p> <p>To register, or for more information, please call toll-free: 1-800-561-4127 (TTY: 711) Seven days a week, 8 a.m. to 8 p.m. Or register online at www.peopleshealth.com/wellness</p> <p>Connect with us.     </p>		