


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.**

Wellness Programs & Centers

Monday



26

**Bean Bag Baseball**  
Gretna Senior and Wellness Center  
Gretna  
11:15 a.m.

Thursday



15

**Music Therapy: Drum Circle**  
Hammond Senior Center  
Hammond  
10 a.m.

JUNE

2023

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

Friday

<div>  <div>9</div> </div> <div> <p><b>Fitness 101</b>  Metairie Senior Center  Metairie  10 a.m.</p> </div>	<div>  <div>9</div> </div> <div> <p><b>Healthy for Life® Presentation: Added Sugar is Not So Sweet</b>  Gretna Senior and Wellness Center  Gretna  11:15 a.m.</p> </div>	<div>  <div>16</div> </div> <div> <p><b>Medicare Bingo</b>  Peoples Health Medicare Center  Metairie  2 p.m.</p> </div>	<div>  <div>23</div> </div> <div> <p><b>Découpage</b>  Peoples Health Medicare Center  Metairie  10 a.m.</p> </div>	<div>  <div>23</div> </div> <div> <p><b>Osteoporosis</b>  Gretna Senior and Wellness Center  Gretna  11:15 a.m.</p> </div>	<div>  <div>30</div> </div> <div> <p><b>Music Therapy: Relaxation Techniques</b>  Livingston Meal Site  Livingston  9:30 a.m.</p> </div>	<div>  <div>30</div> </div> <div> <p><b>High Blood Pressure</b>  Peoples Health Medicare Center  Metairie  10 a.m.</p> </div>
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Registration is required. 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**

