


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.

Monday

 <p>10</p> <p>Senior Fit and Fun Crossgates Family Fitness Slidell 11:15 a.m.</p>	 <p>24</p> <p>Healthy for Life® Presentation: Added Sugar is Not So Sweet Ponchatoula Senior Center Ponchatoula 10 a.m.</p>
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JULY 2023

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

Wednesday

 <p>12</p> <p>The Advantage of Medicare Advantage Peoples Health Medicare Center Metairie 10 a.m.</p>	 <p>12</p> <p>Understanding Diabetes Thomas C. Laughlin, Jefferson Senior Center Jefferson 10 a.m.</p>	 <p>19</p> <p>Arts & Crafts Thomas C. Laughlin, Jefferson Senior Center Jefferson 10 a.m.</p>
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Friday

 <p>7</p> <p>Music Therapy Peoples Health Medicare Center Metairie 10 a.m.</p>	 <p>21</p> <p>Common Financial Fraud Schemes Peoples Health Medicare Center Metairie 10 a.m.</p>	 <p>21</p> <p>Line Dancing Gretna Senior & Wellness Center Gretna 10 a.m.</p>	 <p>28</p> <p>Diabetes and Avoiding Complications Peoples Health Medicare Center Metairie 10 a.m.</p>
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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



RSVP here

Connect with us.

