



FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please RSVP to all Support Groups & Programs at 337.984.1920</p>	<p>Did you know? February is National Cancer Prevention Month. Learn more about cancer prevention on the back of this calendar and on our website.</p>	<p>1 Scripture Vitamins: 12:00-12:30</p> <p>Yoga: 5:15-6:15</p>	<p>2 Intro to Zumba: 10:00-11:00 MilesStrong: 1:00-2:30</p>	<p>3 Yoga: 10:00-11:00</p>
<p>6 Gentle Yoga: 12:00-1:00</p> <p>Mobile Miles in Opelousas</p>	<p>7 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p> <p>Breast Cancer Support Group: 5:30 Caregivers Support Group: 5:30 Mobile Miles in Crowley</p>	<p>8 Yoga: 5:15-6:15 Mobile Miles in New Iberia</p>	<p>9 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p>	<p>10 Yoga: 10:00-11:00</p>
<p>13 Gentle Yoga: 12:00-1:00</p> <p>Mobile Miles in Morgan City</p>	 <p>14 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p> <p>Mobile Miles in Ville Platte/Bunkie</p>	<p>15 Massage: 10:00-12:00</p> <p>Yoga: 5:15-6:15 Mobile Miles in New Iberia</p>	<p>16 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p> <p>Mobile Miles in Jennings</p>	<p>17 Yoga: 10:00-11:00</p> <hr/> <p>18 *SMILES for Miles: 9:00-10:30</p>
<p>20 Gentle Yoga: 12:00-1:00</p> <p>Mobile Miles in Opelousas (South)</p>	<p>21 MPCS Closed</p> 	<p>22 Yoga: 5:15-6:15 Mobile Miles in New Iberia</p>	<p>23 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p> <p>Mobile Miles in Crowley</p>	<p>24 Yoga: 10:00-11:00</p>
<p>27 Gentle Yoga: 12:00-1:00</p> <p>Mobile Miles in Opelousas</p>	<p>28 Pilates: 10:00-11:00 MilesStrong: 1:00-2:30</p> <p>Mobile Miles in Jennings</p>	<p>29 Yoga: 5:15-6:15 Mobile Miles in New Iberia</p>	<p>Did you know? Exercising just 10 minutes a day can reduce your fatigue, stimulate your immune system, and nourish your mind and heart.</p>	<p>*Smiles for Miles This month we are going to Build-A-Bear in the Acadiana Mall. All children 18 and under who have cancer or have a parent with cancer are invited to join us! RSVP because space is limited.</p>

Save these 2012 Dates:

We hope you'll mark your calendars for these upcoming events:

- March 6 - Nutrition for Breast Cancer Survivors
- March 10 - SMILES @ Great Harvest
- March 31 - Kicks for Miles
- Aug 18 - Games of Acadiana
- Aug 18 - MPCS Triathlon
- Nov 21 - Camellia Crossing

Warm up in our Wellness Center

Might be cold outside, but you can still get your daily dose of physical activity and friendship when you join us in the Wellness Center. So lace up your shoes and head on over.



**Mobile Unit Schedule
February 2012**

Date	City	Location	Hours
6	Opelousas	LA Oncology Associates	9:00-4:00
7	Crowley	American Legion Hospital	9:00-4:00
8	New Iberia	Daurerive Hospital	9:00-4:00
13	Morgan City	Oncologics	9:30-3:00
14	Ville Platte	Medical Associates	9:30-12:00
14	Bunkie	Bunkie General Hospital	1:00-3:30
15	New Iberia	Iberia Medical Center	9:00-4:00
16	Jennings	American Legion Hospital	9:30-3:30
20	Opelousas	Opelousas General South	9:30-4:00
22	New Iberia	Daurerive Hospital	9:00-4:00
23	Crowley	American Legion Hospital	9:00-4:00
27	Opelousas	LA Oncology Associates	9:00-4:00
28	Jennings	American Legion Hospital	9:30-3:30
29	New Iberia	Iberia Medical Center	9:00-4:00

National Cancer Prevention Month

February is National Cancer Prevention Month, and American Institute for Cancer Research (AICR) has three ways to reduce your risk for cancer:



- Aim to be a healthy weight throughout life
- Be physically active every day in any way for 30 minutes or more
- Choose mostly plant foods,

limit red meat, and avoid processed meat

For articles and online quizzes, go to aicr.org. You can also visit our resource library and Wellness Center.

Breast Cancer Group Hosts Speaker

Join us for our monthly breast cancer support group on Tuesday, Feb 7th from 5:30-7:00pm when Tony Quinn BHSc, MCSP, Cert, MDT of the Lymphedema Center of Acadiana will speak on managing lymphedema.

Then, mark your calendars for the March 6th breast cancer support group when we'll host Navigating Nutrition for Breast Cancer Survivors. Learn about cancer fighting foods and culinary techniques to keep you and your family healthier.

A Day for Teddy Bears



SMILES for Miles is headed to Build-A-Bear in the Acadiana Mall on Saturday, Feb 18th. All children 18 and under with cancer or who have a parent with cancer are invited. RSVP today because space is limited!

Slots available for MilesStrong VIII

MilesStrong is a 10-week program that meets twice a week and specializes in exercise, education and support for cancer patients currently in treatment. Results have shown an improvement in quality of life, self-esteem, and cardio endurance as well as decreased levels of fatigue. Give us a call at 337.984.1920 to learn more.