




MON

TUES

WED

THURS

FRI

	<p>1</p> <p>Toning: 10 -11am</p> <p>Breast Cancer Support Group: 5:30pm</p>	<p>2</p> <p>Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Gentle Yoga: 5:30 - 6:30pm</p>	<p>3</p> <p>Toning: 10 -11am</p> <p><i>Mobile Miles: New Iberia</i></p>	<p>4</p> <p>MPCS OFFICE & WELLNESS CLOSED FOR 4TH OF JULY</p> <p>SAT 5</p>
<p>7</p> <p>Pilates Express: 10 - 10:45am Sit & Fit: 11:15am - 12:15pm</p> <p><i>Mobile Miles: Opelousas</i></p>	<p>8</p> <p>Toning: 10 -11am</p> <p>Bra & Prosthesis Fitting: 10am - 2pm by appointment only</p> <p>Prostate Support & Awareness Group: 6:00pm</p> <p><i>Mobile Miles: Crowley</i></p>	<p>9</p> <p>Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Gentle Yoga: 5:30 - 6:30pm</p>	<p>10</p> <p>Toning: 10 -11am</p> <p><i>Mobile Miles: New Iberia</i></p>	<p>11</p> <p>Balance Bone & Density Class: 10 -10:55am Gentle Yoga: 11-12pm</p> <p>SAT 12</p>
<p>14</p> <p>Pilates Express: 10 - 10:45am Sit & Fit: 11:15am - 12:15pm</p> <p><i>Mobile Miles: Opelousas</i></p>	<p>15</p> <p>Toning: 10 -11am</p>	<p>16</p> <p>Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Gentle Yoga: 5:30 - 6:30pm</p>	<p>17</p> <p>Toning: 10 -11am</p> <p>Coffee & Culture 11:30am -12:30pm</p> <p><i>Mobile Miles: New Iberia</i></p>	<p>18</p> <p>Balance Bone & Density Class: 10 -10:55am Gentle Yoga: 11-12pm</p> <p>Creative Expressions: Decoupage Oysters 11am -1pm RSVP</p> <p>SAT 19</p>
<p>21</p> <p>Pilates Express: 10 - 10:45am Sit & Fit: 11:15am - 12:15pm</p> <p><i>Mobile Miles: Opelousas</i></p>	<p>22</p> <p>Toning: 10 -11am</p>	<p>23</p> <p>Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Gentle Yoga: 5:30 - 6:30pm</p>	<p>24</p> <p>Toning: 10 -11am</p>	<p>25</p> <p>Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11-12pm</p> <p>Nutrition Class at Natural Grocers: 1- 2pm</p> <p>SAT 26</p>
<p>28</p> <p>Pilates Express: 10 - 10:45am Sit & Fit: 11:15am - 12:15pm</p>	<p>29</p> <p>Toning: 10 -11am</p> <p><i>Mobile Miles: Mamou</i></p>	<p>30</p> <p>Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Gentle Yoga: 5:30 - 6:30pm</p>	<p>31</p> <p>Toning: 10 -11am</p>	<p>Earlybird Registration for the MPCS Triathlon is now open!</p> <p>MILESPERRET.ORG/TRIATHLON</p> 

EVENTS

COFFEE & CULTURE:

THURSDAY, JULY 17TH |
11:30am - 12:30pm

Come join us for our Coffee and Culture event as we explore the rich culture of Bangladesh. This will be presented to us by Ismatara Reena, Ed.D, MBBS. Coffee and snacks will be provided.

CREATIVE EXPRESSIONS: DECOPAGE OYSTERS

FRIDAY, JULY 18TH | 11 am - 1pm

In this hands-on art class, students will learn to decoupage oyster shells into beautiful, personalized keepsakes that can be used as jewelry dishes, ornaments, or decorative art. Each participant will leave with two unique creations and the skills to continue crafting at home.

SMILES FOR MILES:

GLOW IN THE DARK PAINTING WITH A TWIST

DATE TBD - Call to RSVP

NUTRITION CLASS AT NATURAL GROCERS:

FRIDAY, JULY 25TH | 1pm - 2 pm

Fight Back Against Stress Taught by Valerie Willis, MS RDN LDN.

Stress stinks! Unfortunately, it is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

MOBILE MILES

Mobile Miles is making stops by appointment only. To set up an appointment, please call the Miles Perret office at 337-984-1920.

DATE	CITY	LOCATION
THURS 3	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 7	OPELOUSAS	OGH South Campus
TUES 8	CROWLEY	Acadia Gen. Cancer Center
THURS 10	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 14	OPELOUSAS	OGH South Campus
THURS 17	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 21	OPELOUSAS	OGH South Campus
TUES 22	MAMOU	Savoy Cancer Center (803 Poinclana St)

 Mobile Miles is sponsored by Our Lady of Lourdes Regional Medical Center.




JULY
CALENDAR & NEWS

Earlybird Registration for
the MPCS Triathlon is now

MILESPERRET.ORG/TRIATHLON

SWIM.BIKE.RUN.

MILES PERRET CANCER SERVICES

TRIATHLON

AUGUST 16 | UL BOURGEOIS HALL