



MILES PERRET IS MOVING!

MARCH 12TH & 13TH

CARE COORDINATORS WILL BE AVAILABLE AT OUR NEW BUILDING
 STARTING MARCH 16TH:
 110 Capital Drive, Lafayette LA 70508

WELLNESS WILL REMAIN AT THIS LOCATION UNTIL FUTHER NOTICE:
 2130 Kaliste Saloom Road, Lafayette, LA 70508

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	3 Toning: 10 -11am Breast Cancer Support Group: 5:30pm	4 Restore your Core: 9:15-9:45am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Mobile Miles: Crowley	5 Walking Club: 9-9:45am Toning: 10 -11am Beginners Yoga: 5:30 - 6:30pm Mobile Miles: New Iberia	6 Balance Class: 10-11am Gentle Yoga: 11:15-12:15pm
9 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	10 Toning: 10 -11am Prostate Support & Awareness Group: 6:00pm Mobile Miles: Opelousas	11 Restore your Core: 9:15-9:45am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm	12 MPCS CLOSED – WELLNESS OPEN FOR CLASSES Walking Club: 9-9:45am Toning: 10 -11am Beginners Yoga: 5:30 - 6:30pm Nutrition Workshop 11:30 AM	13 MPCS CLOSED SATURDAY 14 SMILES for Miles: Lafayette Science Museum 10 am - 12pm <i>RSVP Required</i>
16 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	17 Toning: 10 -11am HAPPY ST. PATRICK'S DAY	18 Restore your Core: 9:15-9:45am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm	19 Walking Club: 9-9:45am Toning: 10 -11am Beginners Yoga: 5:30 - 6:30pm Mobile Miles: New Iberia	20 Balance Class: 10-11am Gentle Yoga: 11:15-12:15pm
23 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm La Femme Bra & Prosthesis Fitting: by appointment only	24 Toning: 10 -11am	25 Restore your Core: 9:15-9:45am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Mobile Miles: Mamou	26 Walking Club: 9-9:45am Toning: 10 -11am Beginners Yoga: 5:30 - 6:30pm	27 Balance Class: 10-11am Gentle Yoga: 11:15-12:15pm
30 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	31 Toning: 10 -11am	NATIONAL COLORECTAL CANCER AWARENESS MONTH 	NATIONAL MYELOMA CANCER AWARENESS MONTH 	NATIONAL KIDNEY CANCER AWARENESS MONTH 



HAPPY
St. Patrick's
Day

HOURS OF OPERATION:

Monday - Thursday: 8:00am - 5:00pm
Friday: 8:00am - 4:00pm

 **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
WED 4	CROWLEY	Acadia Gen. Cancer Center
THURS 5	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
TUES 10	OPELOUSAS	OGH South Campus
THURS 19	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
WED 25	MAMOU	Savoy Cancer Center (803 Poinciana St)

 **OUR LADY OF LOURDES** REGIONAL MEDICAL CENTER
Mobile Miles is sponsored by Our Lady of Lourdes Regional Medical Center

**2130 Kaliste Saloom Rd.,
Lafayette LA 70508
337.984.1920
milesperret.org**

EVENTS



SMILES for Miles: Lafayette Science Museum | 10 am - 12pm

Join us for Smiles for Miles at the Lafayette Science Museum! Guests will enjoy a museum tour, an exciting planetarium show, and lunch from Raising Cane's. It's a morning of fun, learning, and connection—we can't wait to see you there!

SMILES for Miles is only available to client families with children 18 years old and younger. Email will be sent out to RSVP.



Nutrition Workshop | 11:30 am

Join Dr. Chu for a practical, easy-to-follow nutrition class that teaches you how to read food labels with confidence so you can make smarter choices at the grocery store.




MILES PERRET

March
CALENDAR & NEWS

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