

MON

TUES

WED

THURS

FRI

					SAT 1	
3 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	4 Toning: 10 -11am Breast Cancer Support Group: 5:30pm Coffee & Culture - The Life of Johnny Cash 11:30 - 12:30 PM RSVP Mobile Miles: Opelousas	5 Restore your Core: 9:15-9:45 am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm	6 Toning: 10 -11am Mobile Miles: New Iberia	7 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm Legends Tailgate Party: SAT 8 LSU vs. Alabama + Silent Auction Auction: 4PM • DJ: 2-6PM Legends South - 6772 Johnston St.		
10 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm Mobile Miles: Crowley	11 Toning: 10 -11am Prostate Support & Awareness Group: 6:00pm Mobile Miles: Opelousas	12 Restore your Core: 9:15-9:45 am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm	13 Toning: 10 -11am Mobile Miles: New Iberia	14 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm Creative Expressions: Christmas Oyster Shells 11am -1pm RSVP SMILES for Miles: Acadiana Lanes RSVP Required SAT 15		
17 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	18 Toning: 10 -11am Mobile Miles: Opelousas	19 Restore your Core: 9:15-9:45 am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm Mobile Miles: Mamou	20 Toning: 10 -11am Mobile Miles: New Iberia	21 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm		
Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm 24 WELLNESS CENTER CLOSES AT 12:30PM La Femme Bra & Prosthesis Fitting: by appointment only	25 MPCS & WELLNESS CENTER CLOSED FOR CAMELLIA CROSSING	26 CAMELLIA CROSSING Acadiana's Gleaux Run MPCS & WELLNESS CENTER CLOSED	27 MPCS & WELLNESS CENTER CLOSED FOR THANKSGIVING	28 MPCS & WELLNESS CENTER CLOSED FOR THANKSGIVING Clay Shoot: "Breaking Clays for Miles Perret" SAT 29 8 AM WILDERNESS GUN CLUB		

EVENTS

SMILES FOR MILES:

Bowling at Acadiana Lanes
SATURDAY, NOV. 15TH

Email will be sent out to RSVP with location.

COFFEE & CULTURE:

The Life of Johnny Cash
TUESDAY, NOV. 4TH | 11:30 am

Join us for an intimate look into the life of Johnny Cash, the "Man in Black," and the women who encircled him with love, despite his public life that often spiraled into a ring of fire, presented by Dr. Elista Istre.

CREATIVE EXPRESSIONS: CHRISTMAS OYSTERS

FRIDAY, NOV 14TH | 11 am - 1pm

Join us for a fun and creative holiday art class where we'll transform beautiful oyster shells into sparkling Christmas decorations! Paint, gild, and embellish your shells to create one-of-a-kind ornaments or gifts that capture coastal charm and holiday cheer.

HOURS OF OPERATION:

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



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
TUES 4	OPELOUSAS	OGH South Campus
THURS 6	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 10	CROWLEY	Acadia Gen. Cancer Center
TUES 11	OPELOUSAS	OGH South Campus
THURS 13	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
TUES 18	OPELOUSAS	OGH South Campus
WED 19	MAMOU	Savoy Cancer Center (803 Poinciana St)
THURS 20	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)

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



MILES PERRET
P.O. Box 80763
Lafayette, LA 70598
337.984.1920
milesperret.org

CAMELLIA CROSSING

Acadiana's Gleaux Run

Every step you takes helps local families *fight, survive, and live* with cancer.

NOV 26

RIVER RANCH TOWN SQUARE
5:30pm

REGISTER AS A TEAM OR INDIVIDUAL

Youth Entry Fee: (12 & under)
\$35-early \$40-late

Adult Entry Fee: (13 & up)
\$40-early \$45-late

Late fees begin Nov. 17th

Register at milesperret.org