


MON

TUES

WED

THURS

FRI

<div>    </div> <p> MILESPERRET.ORG/PINK </p>		1 Restore your Core: 9:00-9:30am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm <b>ALL MONTH LONG -  Drink Special at Central Pizza</b>	2 Toning: 10 -11am  Mobile Miles: New Iberia	3 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm <b>Farmer's Market Pop up  Moncus Park</b>
6 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm	7 Toning: 10 -11am <b>Breast Cancer Support Group: 5:30pm</b> <i>Dinner provided by Deano's Pizza</i>  Mobile Miles: Opelousas	8 Restore your Core: 9:00-9:30am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm	9 Toning: 10 -11am  Mobile Miles: New Iberia	10 Balance Bone & Density Class: 10 -10:55am Gentle Yoga: 11:15-12:15pm <b>Bill Blanchard Memorial Golf Tournament:  10:30am - 5:30pm  Cane Row Golf &amp; Turf Club</b>
13 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm <b>Dave &amp; Busters Giveback</b> Mobile Miles: Crowley	14 Toning: 10 -11am <b>Prostate Support &amp; Awareness Group: 6:00pm</b>  Mobile Miles: Opelousas	15 Restore your Core: 9:00-9:30am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm <b>Adult Red Ball Tennis Clinic  11:30-12:30 at Beaver Park</b> <b>Jet Coffee - Giveback at all locations, Pop up at Midtown</b>	16 Toning: 10 -11am  Mobile Miles: New Iberia	17 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm <b>Creative Expressions:  Gratitude Chains  11am -1pm RSVP</b>
20 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm <b>Texas Roadhouse Giveback</b>	21 Toning: 10 -11am <b>Celebration of Hope &amp; Thanksgiving Mass Holy Cross  5:30-6:30 PM</b>  Mobile Miles: Opelousas	22 Restore your Core: 9:00-9:30am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm	23 Toning: 10 -11am  <b>Coffee &amp; Culture  Art Appreciation  11:30 AM RSVP</b>	24 Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm  SAT 25
27 Walking Club: 9:00-9:45am Pilates Express: 10 - 10:30am Sit & Fit: 11:15am - 12:15pm <b>La Femme Bra &amp; Prosthesis Fitting:  10am - 2pm  by appointment only</b>	28 Toning: 10 -11am	29 Restore your Core: 9:00-9:30am Circuit Training: 10 -10:30am Line Dancing: 11am -12pm Beginners Yoga: 5:30 - 6:30pm  Mobile Miles: Mamou	30 Toning: 10 -11am	31 <b>HALLOWEEN</b> Balance Bone & Density Class: 10-10:55am Gentle Yoga: 11:15-12:15pm

# EVENTS

## SMILES FOR MILES:

Clayfish Bisque  
**SATURDAY, OCT. 11**

Email will be sent out to RSVP and will include location.

## ADULT RED BALL TENNIS:

AT BEAVER PARK

**WED, OCT 15TH | 11:30 am - 12:30pm**

Join us for a fun, engaging, low pressure way to learn and improve your tennis skills. No experience needed, rackets will be provided.

## COFFEE & CULTURE:

Seeing with New Eyes: A Journey into Art Appreciation

**THURSDAY, OCT. 23 | 11:30 am**

Join us for a 45-minute talk with Michael Eble, Assistant Dean of UL's College of the Arts, on the fundamentals of art appreciation—learning to see, feel, and connect with art on a deeper level. The session ends with a special viewing from his personal collection. Coffee & snacks provided!

## CREATIVE EXPRESSIONS:

GRATITUDE CHAIN

**FRIDAY, OCT 17TH | 11 am - 1pm**

Each colorful link will represent something you're thankful for, forming a beautiful chain that grows as you share your gratitude.

**VISIT [MILESPERRET.ORG/PINK](http://MILESPERRET.ORG/PINK) TO SEE ALL OF THE COMMUNITY EVENTS PLANNED FOR OCTOBER.**

## 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
THURS 2	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
TUES 7	OPELOUSAS	OGH South Campus
THURS 9	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 13	CROWLEY	Acadia Gen. Cancer Center
TUES 14	OPELOUSAS	OGH South Campus
THURS 16	NEW IBERIA	SHIPS Medical (602 N. Lewis St. Dauterive H.)
TUES 21	OPELOUSAS	OGH South Campus
WED 29	MAMOU	Savoy Cancer Center (803 Poinciana St)

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



**MILES PERRET**  
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337.984.1920  
[milesperret.org](http://milesperret.org)

**MILES PERRET**

## THIS OCTOBER IS Givebacktober

**\$20** New T-shirts! Adult & Youth

**\$2** Stickers!

**\$15** Yard Signs!

### FILLING EVERY DAY IN ACADIANA WITH PINK AND PURPOSE!

Givebacktober is more than a campaign - it's a community wide movement of generosity, awareness, and hope.

Every day offers a new way to join us in supporting those facing a cancer diagnosis. From meals to markets to game days, you can make an impact just by showing up.

**[MILESPERRET.ORG/PINK](http://MILESPERRET.ORG/PINK)**