

FEBRUARY


MON

TUES

WED

THURS

FRI

				29		30		Gentle Yoga: 10-11am 31	
								SAT 1	
<p>3 Walking Club: 9am Pilates Express: 10-10:30am Sit & Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>		<p>4 Toning: 10-11am Breast Cancer Support Group: 5:30pm</p>		<p>5 Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>		<p>6 Toning: 10-11am</p> <p>Mobile Miles: New Iberia</p>		<p>7 Gentle Yoga: 10-11am</p>	
								<p>Yoga: 8-9am Please RSVP</p> <p>SAT 8</p>	
<p>10 Walking Club: 9am Pilates Express: 10-10:30am Sit & Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>		<p>11 Toning: 10-11am Bra & Prosthesis Fitting: 10am-2pm <i>by appointment only</i> Prostate Support & Awareness Group: 6:00pm</p> <p>Mobile Miles: Crowley</p>		<p>12 Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>		<p>13 Toning: 10-11am</p> <p>Mobile Miles: New Iberia</p>		<p>14</p>	
								<p>SMILES for Miles: ULL Basketball Game at 2:00pm</p> <p>SAT 15</p>	
<p>17 Walking Club: 9am Pilates Express: 10-10:30am Sit & Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>		<p>18 Toning: 10-11am</p>		<p>19 Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>		<p>20</p> <p>Mobile Miles: New Iberia</p>		<p>Gentle Yoga: 10-11am Creative Expressions: Mardi Gras Bead Art 11am-1pm</p> <p>21</p>	
								<p>22</p>	
<p>24 Walking Club: 9am Pilates Express: 10-10:30am Sit & Fit: 11:15am-12:15pm</p>		<p>25 Toning: 10-11am</p> <p>Mobile Miles: Mamou</p>		<p>26 Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>		<p>27 Toning: 10-11am Walk & Coffee: 11:00am-12:30pm</p>		<p>28 Yoga: 10-11am</p>	
								<p>Classes & programs listed available at Miles Perret office and Wellness Center only. They are not available on the Mobile Miles van.</p>	

EVENTS

SATURDAY MORNING YOGA SATURDAY, FEB 8th | 8-9am

Join us for a heart opening yoga flow on February 8 from 8-9am.

Please RSVP due to limited space

PROSTATE SUPPORT & AWARENESS GROUP TUESDAY, FEB 11th | 6-7pm

Join us for a Prostate Cancer Support Group, open to men in Acadiana who have a current or previous diagnosis of prostate cancer. Light food and beverages will be served.

CREATIVE EXPRESSIONS: MARDI GRAS BEAD ART FRIDAY, FEB 21st | 11am-1pm

Join us at the MPCCS office to create Mardi Gras bead art!

For clients who are 18 years and older. Please call 337-984-1920 to RSVP.

WALK AND COFFEE THURSDAY, FEB 27th | 11am-12:30pm

Come join us for a 30 min walk and then enjoy some coffee and conversation afterwards!



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
MON 3	Opelousas	OGH South Campus
THUR 6	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 10	Opelousas	OGH South Campus
TUES 11	Crowley	Acadia Gen. Cancer Center
THUR 13	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 17	Opelousas	OGH South Campus
THUR 20	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)
TUES 25	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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