

# DECEMBER

**MON**

**TUES**

**WED**

**THURS**

**FRI**

2	3	4	5	6
Walking Club: <b>9am</b> Pilates Express: <b>10-10:30am</b> Sit & Fit: <b>11:15am-12:15pm</b>  <i>Mobile Miles: Opelousas</i>	Toning: <b>10-11am</b> <b>Breast Cancer Support Group: 5:30pm</b>	Circuit Training: <b>10-10:30am</b> Line Dancing: <b>11am-12pm</b> Gentle Yoga: <b>5:30-6:30pm</b>	Toning: <b>10-11am</b>   <i>Mobile Miles: New Iberia</i>	Gentle Yoga: <b>10-11am</b>   SAT 7
Walking Club: <b>9am</b> Pilates Express: <b>10-10:30am</b> Sit & Fit: <b>11:15am-12:15pm</b>  <i>Mobile Miles: Opelousas</i>	Toning: <b>10-11am</b> <b>Bra &amp; Prosthesis Fitting: 10am-2pm</b> <i>by appointment only</i> <b>Prostate Support &amp; Awareness Group: 6:00pm</b> <i>Mobile Miles: Crowley</i>	Circuit Training: <b>10-10:30am</b> Line Dancing: <b>11am-12pm</b> Gentle Yoga: <b>5:30-6:30pm</b>	Toning: <b>10-11am</b>   <i>Mobile Miles: New Iberia</i>	Gentle Yoga: <b>10-11am</b> <b>Creative Expressions: 11am-1pm</b>  SAT 14
Walking Club: <b>9am</b> Pilates Express: <b>10-10:30am</b> Sit & Fit: <b>11:15am-12:15pm</b>  <i>Mobile Miles: Opelousas</i>	Toning: <b>10-11am</b>   <i>Mobile Miles: Mamou</i>	Circuit Training: <b>10-10:30am</b> Line Dancing: <b>11am-12pm</b> Gentle Yoga: <b>5:30-6:30pm</b>	Toning: <b>10-11am</b> <b>Walk &amp; Coffee: 11am</b>  <i>Mobile Miles: New Iberia</i>	Gentle Yoga: <b>10-11am</b> <b>MPCS &amp; WELLNESS CENTER CLOSING AT 11am</b>  <b>SMILES for Miles: Planet Ice</b> <i>RSVPs Required</i> SAT 21
Walking Club: <b>9am</b> Pilates Express: <b>10-10:30am</b> Sit & Fit: <b>11:15am-12:15pm</b>	<b>MPCS &amp; WELLNESS CENTER CLOSED</b>	<b>MPCS &amp; WELLNESS CENTER CLOSED</b>	<b>MPCS &amp; WELLNESS CENTER CLOSED</b>	Gentle Yoga: <b>10-11am</b>  SAT 28
Walking Club: <b>9am</b> Pilates Express: <b>10-10:30am</b> Sit & Fit: <b>11:15am-12:15pm</b>	Toning: <b>10-11am</b>	<b>MPCS &amp; WELLNESS CENTER CLOSED</b>	<b>MPCS &amp; WELLNESS CENTER CLOSED</b>	JAN 1 JAN 2

# EVENTS

## PROSTATE SUPPORT & AWARENESS GROUP

TUESDAY, DEC. 10<sup>th</sup> | 6-7pm

Join us for a discussion about nutrition and prostate cancer with our guest speaker: Registered Dietician, Valerie Miniex. Open to men in Acadiana who have a current or previous diagnosis of prostate cancer. Light food and beverages will be served.

## CREATIVE EXPRESSIONS

FRIDAY, DEC. 13<sup>th</sup> | 11am

Come celebrate with us and make a Christmas tree out of wine corks! *For clients who are 18 years and older. Please call 337-984-1920 to RSVP.*

## WALK AND COFFEE

THURSDAY, DEC. 19<sup>th</sup> | 11am

Join us for a 30 minute walk. We will meet in the Wellness Center and walk outdoors. Immediately following we will get to enjoy some snacks, coffee, and conversation!

## SMILES FOR MILES: PLANET ICE

SATURDAY, DEC. 21<sup>st</sup> | 10am

Join us at Planet Ice for this month's SMILES for Miles. *SMILES for Miles is only available to client families with children younger than 18 year old. RSVPs are required.*

## 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 2	Opelousas	OGH South Campus
THUR 5	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 9	Opelousas	OGH South Campus
TUES 10	Crowley	Acadia Gen. Cancer Center
THUR 12	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)
MON 16	Opelousas	OGH South Campus
TUES 17	Mamou	Savoy Cancer Center (803 Poinciana St)
THUR 19	New Iberia	SHIPS Medical (602 N. Lewis St. Dauterive H.)

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

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