





**MON**

**TUES**

**WED**

**THURS**

**FRI**

<p>3</p> <p>Walking Club: 9am Pilates Express: 10-10:30am Sit &amp; Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>	<p>4</p> <p><b>MPCS OFFICE &amp; WELLNESS CENTER CLOSED FOR MARDI GRAS</b></p> 	<p>5</p> <p>Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>	<p>6</p> <p>Toning: 10-11am</p> <p>Mobile Miles: New Iberia</p>	<p>Gentle Yoga: 10-11am 7</p>
<p>10</p> <p>Walking Club: 9am Pilates Express: 10-10:30am Sit &amp; Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>	<p>11</p> <p>Toning: 10-11am Bra &amp; Prosthesis Fitting: 10am-2pm (by appointment only) Breast Cancer Support Group: 5:30pm Prostate Support &amp; Awareness Group: 6:00pm Mobile Miles: Crowley</p>	<p>12</p> <p>Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>	<p>13</p> <p>Toning: 10-11am</p> <p>Mobile Miles: New Iberia</p>	<p>Gentle Yoga: 10-11am 14</p>
<p>17</p> <p>Walking Club: 9am Pilates Express: 10-10:30am Sit &amp; Fit: 11:15am-12:15pm</p> <p>Mobile Miles: Opelousas</p>	<p>18</p> <p>Toning: 10-11am Coffee &amp; Culture 11:30am-12:30pm</p>	<p>19</p> <p>Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>	<p>20</p> <p>Toning: 10-11am</p> <p>Mobile Miles: New Iberia</p>	<p>Gentle Yoga: 10-11am 21 Creative Expressions: 11am-1pm</p>
<p>24</p> <p>Walking Club: 9am Pilates Express: 10-10:30am Sit &amp; Fit: 11:15am-12:15pm</p>	<p>25</p> <p>Toning: 10-11am Walk &amp; Coffee 11am-12:30pm</p> <p>Mobile Miles: Mamou</p>	<p>26</p> <p>Circuit Training: 10-10:30am Line Dancing: 11am-12pm Gentle Yoga: 5:30-6:30pm</p>	<p>27</p> <p>Toning: 10-11am Balance Yoga Workshop 11:30am-1pm</p>	<p>Gentle Yoga: 10-11am 28</p>
<p>31</p>		  		

# EVENTS

## COFFEE & CULTURE TUESDAY MARCH 18<sup>th</sup> 11:30am-12:30pm

Join us for our first Coffee and Culture featuring Claire Manes, author of "Out of the Shadow of Leprosy." Her talk will discuss the inspiring story of Carville, LA.

## CREATIVE EXPRESSIONS FRIDAY, MARCH 21<sup>ST</sup> | 11am- 1pm

Come design and paint your own decorative plate with Caroline!

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

## WALK AND COFFEE TUESDAY, MARCH 25<sup>th</sup> 11am-12:30pm

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

## BALANCE YOGA WORKSHOP THURSDAY, MARCH 27<sup>th</sup> 11:30am-1pm

Join us for a workshop where we will learn the importance of balance as we age and learn some movement practices that help strengthen our balance.

## SMILES FOR MILES

For more information on this month's SMILES for Miles and to RSVP, please call 337-984-1920 starting March 1<sup>st</sup>.

## 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	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)



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