

# Healthy Black Family Project™ at Hosanna House Inc.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NEW Hours of Operation: Monday-Friday: 12:00pm - 8:00 pm pool closed</b>						
					1	2
3	4  2:00 pm Body Toning  6:45 pm Low Impact Aerobics	5  4:45 pm Walking Aerobics  5  6:00 pm Nutrition Seminar 1	6  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation (421)  6:45 pm Low Impact Aerobics	7  4:45 pm Walking Aerobics	8	9
10	11  2:00 pm Body Toning  3:00-4:00 pm Skin Cancer  6:45 pm Low Impact Aerobics	12  4:45 pm Walking Aerobics  6:00 pm Nutrition Seminar 2  6:45-7:45 pm Water Aerobics	13  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation (421)  6:45 pm Low Impact Aerobics	14  4:45 pm Walking Aerobics	15	16
17	18  2:00 pm Body Toning	19  4:45 pm Walking Aerobics  6:00 pm Nutrition Seminar 1	20  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation (Rm. 421)	21  4:45 pm Walking Aerobics	22	23
24	25  2:00 pm Body Toning	26  4:45 pm Walking Aerobics  6:00 pm Nutrition Seminar 1	27  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics	28  4:45 pm Walking Aerobics	29	

***To become a HBFP participant, you must attend an orientation. All orientations are held 1:00 p.m. every 3rd Saturday of each month at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Avenue, Pittsburgh, PA 15206. \* Please call Kingsley HBFP at 412-361-2391 with any questions.***

**Healthy Black Family Project™**

A Program of the Center for Minority Health, Graduate School of Public Health, University of Pittsburgh

**Hosanna House, Inc.**

807 Wallace Avenue Wilkinsburg, PA 15221 Phone: 412-342-1326 Fax: 412-243-7733 www.hosannahouse.org