


Healthy Black Family Project at Hosanna House Inc.

July 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NEW Hours of Operation:		Monday-Friday: 7:00am - 8:00 pm				
		1 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 2 6:45-7:45 pm Water Aerobics	2 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (Rm. 421) 6:45 pm Low Impact Aerobics	3 4:45 pm Walking Aerobics	4 4 th of July!!! 	5
6	7 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	8 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 1 6:45-7:45 pm Water Aerobics	9 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (421) 6:45 pm Low Impact Aerobics	10 4:45 pm Walking Aerobics	11 6:00 pm Family Swim	12
13	14 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	15 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 2 6:45-7:45 pm Water Aerobics	16 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (421) 6:45 pm Low Impact Aerobics	17 4:45 pm Walking Aerobics	18 6:00 pm Family Swim	19
20	21 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics 3:00-4:00 pm Colorectal Cancer	22 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 1 6:45-7:45 pm Water Aerobics	23 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (Rm. 421) 6:45 pm Low Impact Aerobics	24 4:45 pm Walking Aerobics	25 6:00 pm Family Swim	26
27	28 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	29 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 1 6:45-7:45 pm Water Aerobics	30 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation 6:45 pm Low Impact Aerobics	31 4:45 pm Walking Aerobics		

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.

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