

Healthy Black Family Project™ at Hosanna House Inc. June 2009 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NEW Hours of Operation: Monday-Friday: 12:00pm - 8:00 pm						
31	1 6:00 pm Family Swim	2 4:45pm Walking Aerobics 6:45pm Water Aerobics	3 6:00pm Smoking Cessation	4 4:45pm Walking Aerobics	5 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	6
7	8 6:00 pm Family Swim	9 4:45pm Walking Aerobics 6:45pm Water Aerobics	10 6:00pm Smoking Cessation	11 4:45pm Walking Aerobics 6:00pm Prostate Cancer Forum	12 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	13
14	15 6:00 pm Family Swim	16 4:45pm Walking Aerobics 6:45pm Water Aerobics	17 6:00pm Smoking Cessation	18 4:45pm Walking Aerobics	19 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	20
21	22 6:00 pm Family Swim	23 4:45pm Walking Aerobics 6:45pm Water Aerobics	24 6:00pm Smoking Cessation	25 4:45pm Walking Aerobics	26 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	27
28	29 6:00 pm Family Swim	30 4:45pm Walking Aerobics 6:45pm Water Aerobics	Participation in all physical activity requires attendance at a HBFP orientation, medical clearance and fitness assessment.			

To schedule an orientation or fitness assessment call

412-361-2391

To become a HBFP participant, you must attend an orientation at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Ave, Pittsburgh, PA 15206.

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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