



SEPTEMBER 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 LABOR DAY</p> <p>OFFICE CLOSED</p>  <p>HAVE A SAFE & HAPPY HOLIDAY!!</p>	<p>2 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition II 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>3 Yoga 8-9am</p> <p>African Dance/Rhythm & Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>4 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>5 African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition II 7-8pm</p>	<p>6 Yoga 8-8:45am & 9:15-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>
7	<p>8 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>9 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition I 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>10 Yoga 8-9am</p> <p>African Dance/Rhythm & Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>11 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>12 African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition I 7-8pm</p>	<p>13 Yoga Teacher Certification Workshop. (Pre-registration required, for additional information call 412-361-2392)</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga Classes are cancelled.</p>
14 Yoga Teacher Certification Workshop. (Pre-registration required, for additional information call 412-361-2392)	<p>15 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>16 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>17 Yoga 8-9am</p> <p>African Dance/Rhythm & Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>18 OFFICE CLOSED</p>  <p>TAKE A HEALTH PROFESSIONAL TO THE PEOPLE 2008</p>	<p>19 African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Yoga 6-7pm</p>	<p>20 Yoga 8-8:45am & 9:15-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>

21	22 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm	23 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga 7:15-8pm	24 Yoga 8-9am African Dance/Rhythm & Movement 10-10:45am Body Toning 12:15-1pm Yoga 1:30-2:30pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm	25 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Smoking Cessation Open Enrollment 6-7pm Modern Movement & Stretch 6-6:45pm “Let Yo Fro Go” 7-8pm Yoga 7:45-8:45pm	26 African Dance/Rhythm & Movement 10-10:45am Modern Movement & Stretch 5-6pm	27 African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm
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28	29 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm
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30
Yoga
9-9:45am &
10:15-11am

Walking Class
11:45am-12:30pm

Rhythm & Movement
5-5:45pm

Body Toning
6-6:45pm

Modern Movement & Stretch
6-6:45pm

Yoga
7:15-8pm

***Healthy Black
Family
Project™

at The
Kingsley
Association***



Participation in all physical activity requires attendance at a HBFP orientation, medical clearance and fitness assessment.

There will be no nutrition classes/ seminars held from September 15, 2008 to September 30, 2008. Classes will start again in October. We apologize for this temporary interruption in service.

**The next scheduled orientation is in October.
Call 412-361-2391 for details.**

www.cmh.pitt.edu

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