

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NEW Hours of Operation: Monday-Friday: 12:00pm - 8:00 pm						
30	31 6:00 pm Family Swim	1 4:45pm Walking Aerobics 6:45pm Water Aerobics	2 6:00pm Smoking Cessation	3 4:45pm Walking Aerobics	4 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	5
6	7 6:00pm Family Swim	8 4:45pm Walking Aerobics 6:45pm Water Aerobics	9 6:00pm Smoking Cessation	10 4:45pm Walking Aerobics	11 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	12
13	14 6:00 pm Family Swim	15 4:45pm Walking Aerobics 6:45pm Water Aerobics	16 6:00pm Smoking Cessation	17 4:45pm Walking Aerobics	18 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	19
20	21 6:00 pm Family Swim	22 4:45pm Walking Aerobics 6:45pm Water Aerobics	23 6:00pm Smoking Cessation	24 4:45pm Walking Aerobics	25 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	26
27	28 6:00 pm Family Swim	29 4:45pm Walking Aerobics 6:45pm Water Aerobics	30 6:00pm Smoking Cessation	1 4:45pm Walking Aerobics	2 5:30pm Line Dancing 6:00pm Young Adults Volley Ball 6:00 pm Family Swim	3



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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