

Healthy Black Family Project™ at Hosanna House Inc.

September 2008 Calendar

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

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