

September 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Healthy Black Family Project <i>Healthy Lifestyle Activities</i> <i>At the Kingsley Association</i></p> <p><i>Center For Minority Health</i> Graduate School of Public Health University of Pittsburgh</p>				1	2 Fitness Assessments 6:00-8:00 p.m.	3 Group Trail Walk Meet at Kingsley 12:00 p.m.
4	5 LABOR DAY	6 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 p.m. 7:00-7:45 p.m.	7 Fitness Assessments 6:00-8:00 p.m. Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45p.m. Diabetes Support Group Meeting 6:00-7:00 p.m.	8 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 p.m. 7:00-7:45 p.m. Stress Management Workshop 6:00-8:00 p.m.	9	10 Yoga Class 9:00 a.m. HBFP Orientation 12:00 p.m.
11 Family Walk Highland Park Reservoir 4:00 p.m.	12 Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m.	13 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 & 7:00-7:45 p.m.	14 Fitness Assessments 6:00-8:00 p.m. Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m. Diabetes Support Group Meeting 6:00-7:00 p.m.	15 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 & 7:00-7:45 p.m.	16	17 Yoga Class 9:00 am HBFP Orientation 12:00 p.m. Group Trail Walk Meet at Kingsley 1:00 p.m.

Call the Healthy Black Family Project at **412-361-2391** for more information

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Family Walk Highland Park Reservoir 4:00 p.m.	19 HBFP Orientation 6:00-7:00 p.m. Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m.	20 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 & 7:00-7:45 p.m.	21 Fitness Assessments 6:00-8:00 p.m. Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m. Diabetes Support Group Meeting 6:00-7:00 p.m.	22 Nutrition Workshop 6:00-8:00 p.m.	23 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 & 7:00-7:45PM	24 Yoga Class 9:00 a.m.
25 Family Walk Highland Park Reservoir 4:00 p.m.	26 Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m.	27 Body Toning with Bands, Balls and Light Weights 2 Classes 6:00-6:45 & 7:00-7:45PM	28 Healthy Lifestyles (Co-Ed Line Dancing, Walking, Stretching, Low Intensity Fitness) 6:30-7:45 p.m. Diabetes Support Group Meeting 6:00-7:00 p.m.	29	30 Fitness Assessments 6:00-8:00 p.m.	



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*Healthy Lifestyle Activities
At the Kingsley Association
Center for Minority Health
Graduate School of Public
University of Pittsburgh*

See Kingsley Schedule for additional activities

August 31, 2005