

# The GRETNA Senior and Wellness Center

# Upcoming Events



## Drum Circles

Join Carly in learning how drumming can help reduce blood pressure, increase self-expression, and manage stress level.

**Tuesday, July 25**

12:15pm-1:00pm

**For more information or to register,  
Please visit or call us at 504-301-3743.**

## Fit 4 Ever

Join us as we have fun while combining Pilates, Yoga, and Tai Chi for the ultimate workout experience!

**Mondays**

10:35am-11:35am

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## Garden Walk

Join us at the Gretna Senior and Wellness Center for an early morning walk in our garden. What a great way to start the day!

**Tuesdays & Thursdays**

8:30am-9:30am

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## Senior Fit and Fun

Join us in a class consisting of low-impact cardiovascular exercises designed to promote flexibility and balance.

**Thursdays**

11:05am-12:05pm

The GRETNA Senior and Wellness Center is a joint effort between The Jefferson Council on Aging, the City of Gretna and Peoples Health.

