

The GRETNA Senior and Wellness Center

Upcoming Events



Blood Pressure Screenings

Join us in welcoming LSU Nursing students to the Gretna Senior and Wellness Center as they offer blood pressure screenings to seniors. Tracking cards will be provided to track and monitor readings.

Wednesday, August 23

9:00am-1:00pm

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

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 and Thursdays

8:30am-9:30am

Drum Circles

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

Tuesday, August 29

12:15pm-1:00pm

Yoga

Join us as we listen to calming music and work on a series of stretches and relaxing breathing exercises designed to develop flexibility, strength, and balance.

Wednesdays

10:35am-11:35am

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

