

# The GRETNA Senior and Wellness Center

# Upcoming Events



## Blood Pressure Screenings

Join us in welcoming LSU Nursing students as they offer blood pressure screenings to seniors. Tracking cards will be provided to record and monitor your readings.

**Wednesday, January 16**

**Wednesday, January 23**

**Wednesday, January 30**

9:00am-1:00pm

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

## Hearing Screenings

Join us in welcoming Dina Z., with Hear Now, to the Gretna Senior and Wellness Center as she offers hearing screenings to seniors. Please register for this service by Tuesday, January 15.

**Wednesday, January 16**

10:30am-12:00pm

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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. *This class consists of chair exercises.*

**Thursdays**

10:00am-11:00am

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## Closures

**Monday, January 21**

Center Closed

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

