


**MON**

**TUES**

**WED**

**THURS**

**FRI**

<p style="text-align: right;"><b>2</b></p> <p>Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p style="text-align: right;"><b>3</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> <b>Breast Cancer Support Group:</b> <b>5:30pm</b> Pilates Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Crowley</i></p>	<p style="text-align: center;"><b>4</b></p> <p><b>HAPPY 4<sup>TH</sup> OF JULY!</b></p> <p><b>MPCS OFFICE &amp; WELLNESS CENTER CLOSED</b></p>	<p style="text-align: right;"><b>5</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Lafayette</i></p>	<p style="text-align: right;"><b>6</b></p> <p>Yoga: <b>10-11am</b> Massage: <b>11am-1pm</b></p> <div style="background-color: #008080; color: white; padding: 5px; text-align: right;"> <p><b>SAT</b> <b>7</b></p> <p>Wellness Center Open: <b>8am-12pm</b> Somatics with Julie Z: <b>10-11am</b></p> </div>
<p style="text-align: right;"><b>9</b></p> <p>Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p>	<p style="text-align: right;"><b>10</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Pilates Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Abbeville</i></p>	<p style="text-align: right;"><b>11</b></p> <p>Line Dancing: <b>11am-12pm</b> Massage: <b>11am-1pm</b> Massage: <b>2pm-4pm</b> Gentle Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: Ville Platte/ Eunice</i></p>	<p style="text-align: right;"><b>12</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p style="text-align: right;"><b>13</b></p> <p>Yoga: <b>10-11am</b></p> <div style="background-color: #008080; color: white; padding: 5px; text-align: right;"> <p><b>SAT</b> <b>14</b></p> </div>
<p style="text-align: right;"><b>16</b></p> <p>Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p style="text-align: right;"><b>17</b></p> <p><b>Individual &amp; Family Counseling:</b> Call to RSVP Pilates &amp; Toning: <b>10-11am</b> Pilates Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Lafayette</i></p>	<p style="text-align: right;"><b>18</b></p> <p>Line Dancing: <b>11am-12pm</b> Gentle Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p style="text-align: right;"><b>19</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Eunice</i></p>	<p style="text-align: right;"><b>20</b></p> <p>Yoga: <b>10-11am</b></p> <div style="background-color: #008080; color: white; padding: 5px; text-align: right;"> <p><b>SAT</b> <b>21</b></p> <p>Wellness Center Open: <b>8am-12pm</b> SMILES for Miles: Planet Ice: <b>10am-12pm</b></p> </div>
<p style="text-align: right;"><b>23</b></p> <p>Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b> <b>Caring for the Caregiver Support Group:</b> <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: Opelousas</i></p>	<p style="text-align: right;"><b>24</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Pilates Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p> <p><i>Mobile Miles: Mamou</i></p>	<p style="text-align: right;"><b>25</b></p> <p>Line Dancing: <b>11am-12pm</b> Massage: <b>2-4pm</b> Gentle Yoga: <b>5:30-6:30pm</b></p> <p><i>Mobile Miles: New Iberia</i></p>	<p style="text-align: right;"><b>26</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Toning Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p>	<p style="text-align: right;"><b>27</b></p> <p>Yoga: <b>10-11am</b></p> <div style="background-color: #008080; color: white; padding: 5px; text-align: right;"> <p><b>SAT</b> <b>28</b></p> </div>
<p style="text-align: right;"><b>30</b></p> <p>Circuit Training <b>10-10:30am</b> Gentle Yoga: <b>12-1pm</b></p>	<p style="text-align: right;"><b>31</b></p> <p>Pilates &amp; Toning: <b>10-11am</b> Pilates Express: <b>5:30-6pm</b> Thrive: <b>6:15-7pm</b></p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="856 1328 1339 1575" style="text-align: center;">  <p><b>GAMES</b> <b>of</b> <b>ACADIANA</b></p> <p><i>play with a purpose!</i></p> </div> <div data-bbox="1373 1357 2003 1555" style="text-align: center;"> <p><b>SEE YOU NEXT MONTH!</b></p> <p><b>AUGUST 18<sup>TH</sup></b></p> <p>CAJUNDOME &amp; CONVENTION CENTER</p> </div> </div>		

# EVENTS

## BREAST CANCER SUPPORT GROUP

**JULY 3 | 5:30pm**

This month's Breast Cancer Support Group will be held at the MPCs office on Tuesday, July 3 at 5:30pm.

## SMILES FOR MILES: PLANET ICE

**JULY 21 | 10am-12pm**

Join us for this month's SMILES for Miles at **Planet Ice!**

4317 Johnston Street  
Lafayette, LA 70503

Please call (337)984-1920 to RSVP.  
*Limited Spaces Available.*

## UPCOMING COMMUNITY EVENTS BENEFITING MPCs

### KISS FOR A CAUSE

**JULY 14 | 10am-3pm**

Donate \$1 to kiss a post-it for a chance to win great prizes. Celebrity judging will take place at Dollface Salon & Beauty Bar in Grand Coteau.

## MOBILE MILES

DATE	CITY	LOCATION	TIME
MON 2	Opelousas	OncoLogics (S. Campus)	9:00-12:00
MON 2	Opelousas	OGH Cancer Center (S. Campus)	1:00-3:30
TUE 3	Crowley	Acadia Gen. Cancer Ctr. (2nd floor)	9:00-3:30
THUR 5	Lafayette	Univ. Hosp. & Clinic (5th floor)	9:30-3:30
TUE 10	Abbeville	Abbeville Gen. Hosp. (3rd floor)	9:00-1:00
WED 11	Ville Platte	505 E. Lincoln Road	9:00-12:00
WED 11	Eunice	3521 Hwy. 190 E (Suite W)	1:30-3:30
THUR 12	New Iberia	OncoLogics	9:00-1:00
MON 16	Opelousas	OncoLogics (S. Campus)	9:00-12:00
MON 16	Opelousas	OGH Cancer Center (S. Campus)	1:00-3:30
TUE 17	Lafayette	Univ. Hosp. & Clinic (5th floor)	9:30-3:30
WED 18	New Iberia	Ships Medical (Dauterive H.)	10:00-3:30
THUR 19	Eunice	3521 Hwy. 190 E (Suite W)	9:00-1:00
MON 23	Opelousas	OncoLogics (S. Campus)	9:00-12:00
MON 23	Opelousas	OGH Cancer Center (S. Campus)	1:00-3:30
TUES 24	Mamou	Savoy Cancer Center	9:30-3:00
WED 25	New Iberia	Iberia Medical Center	9:00-3:30

Mobile Miles brings MPCs to you. Call 337-315-6834 for more information.

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