

BETTER HEALTH BAYOU



Saturday
October 15
10:00am-2:00pm

Barataria Preserve
6588 Barataria Blvd. Marrero
5 miles past Ames Blvd.

Free & Fun

HEALTH TIPS & INFORMATION

LSU Agricultural Center

NORDC & Fit NOLA

Second Harvest Foodbank

Children's Hospital Lifestyles Clinic

LSU Health Sciences

... and more

ACTIVITIES

- 10:00am-2:00pm Health Screenings
Healthy Lifestyle Tips
Junior Ranger Activities
Live DJ
- 10:30am Ranger Fun Run (one mile)
- 11:30am Wetlands Trail Walk (half mile)
- 12:15-1:00pm Line Dancing Class
- 12:30pm Wetlands Trail Walk (half mile)
- 12:45-1:45pm Bounce Yoga Class
- 2:00pm Wetlands Trail Walk (half mile)

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