



Program Descriptions

Adult Wellness Programs

Wellness Wednesdays - is a free mental health support group for sharing and support.

Meaningful Conversations Spiritual conversations welcoming all perspectives in a search for the deeper truths that unite us.

Yoga with Barbara – Gentle yoga for all ages.

Zumba with DéJeuné Green, LPC, CMPC - Zumba is a fun dance workout for cardio fitness.

OLLI LSU Crescent City Chapter for adults 50+