

*P*ULMONARY*E*DUICATION*P*ROGRAM

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members.



PEP Luncheon News

We are having an in person luncheon. Our guest speaker will be Catrice Nakamua, RN from Providence Hospital in Torrance. She is the manager of the Comprehensive Stroke and Advance Neurological Care. She and Treasure Joyce RN. have spoken to our group in the past. Both ladies are experts in the field of Strokes. Anyone can have a stroke at any age. So come and see what are the signs and symptoms of a stroke.



We are now having our luncheons at Mimi's Cafe
25343 Crenshaw Blvd. Torrance, Ca. 90505
The cost of lunch is \$25.00. It comes with a beverage, soup or salad, entree and dessert. It's a lot of food for the price.

We hope to see you there!!

~Mark Your Calendar~

July 12th- Harbor Cruise Field
Trip

September 15th- Annual
PEP Picnic at Victor Park

December 15th- Annual
Christmas Party

~July Babies~

Dennis Lord ~2Nd

Ellen Campbell ~4Th

Norma Crews ~4Th

Len Kissel ~5Th

Estela Cruz ~9Th

Stella Riley ~14Th

Carol Rayer ~12Th

Charles Hall ~20Th

Lloyd Morgan ~20Th

Sandra Orchard ~20Th

Michael Hazielwood ~20Th

Reta Moser ~22Nd

Betty Raspberry ~22Nd

Freddie Hildreth ~23Rd

Helga Post ~26Th

Homer Lowe ~28Th

Martha Miramon ~28Th

Pat Cottrell ~28Th

~In Memoriam~

Teri Neilson

Barbara Wood

Editor Tiffany Wilson



REMINDER !

PEP'S HARBOR CRUISE

The LA Harbor cruise is fast approaching, July 12, and the trip is filling up fast. The chartered boat, just for us, leaves the dock at 11:30 from Parker's Lighthouse, 435 Shoreline Village Dr., Long Beach. There is easy paid parking next to the Lighthouse restaurant. The 90 ft yacht returns at 2 pm. Onboard, there is indoor and outdoor seating and we will dine on a great Mexican Fiesta hot lunch.

The price is only \$25 per person and that includes the boat tour, lunch and free margaritas! You can pay Jackie at the new gym (which is another good reason to go there), or pay at the next PEP luncheon at Mimi's on June 16 @ 11:30 or mail your check to 1223 East Acacia, El Segundo, CA 90245.

Do it now! Don't miss out on this great tour of the largest Harbor in the US!!

ALSO!!

We are having our annual PEP PICNIC on Thursday September 15th.

We will have our same Hamburger and Hotdog vender, with all the trimmings. It will be at Victor Park in Torrance. We will have more information as it gets closer to September.

Please save the date.

Tax Deductible donations may be made to:

PEP PIONEERS Pulmonary Rehabilitation

20929 Hawthorne Blvd.

Torrance, CA 90503

310-303-7079