



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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ANNOUNCEMENTS

May 8
Diabetes Day 2025
Join us to learn about diabetes and how to live a healthier lifestyle. We will host live exercise classes and different health-related workshops. Learn more healthy recipes from Chef Pablo! Call to register today.

May 8 & 14
Introduction to Diabetes and Footcare
Join this 6-session class covers the basics of diabetes for individuals with diabetes or prediabetes.

May 17
Community Clean-up
Join us to meet our team, explore exciting project details, and discover the FREE resources available to you. Share your thoughts on local needs and priorities, and help build a stronger community together. We can't wait to see you there!

<p>28</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p> <p>12:30 pm – 1:30 pm Brain Exercise In-Person</p>	<p>29</p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*</p>	<p>30</p> <p>10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p> <p>2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p>1</p> <p>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p>2</p> <p>8:45 am – 10:45 am Health Innovation Community Partnership Meeting (HICP) Los Angeles General Medical Center Call to Register: (213)784-9191 Zoom</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p>	<p>3</p> <p style="text-align: center;"> Closed</p>
<p>5</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p>6</p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p>	<p>7</p> <p>10:00 am – 11:00 am Flex and Flow In-Person</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p> <p>2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p>8</p> <p>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p>10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p> <p>12:30 pm – 3:30 pm Diabetes Day 2025 In Person Call to Register</p>	<p>9</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p> <p>10:30 am – 11:30 pm Coping with Stress In-Person</p>	<p>10</p> <p style="text-align: center;"> Closed</p>

May 2025

One - Stop Destination for Health & Wellness



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12 11:00 am – 12:00 pm TWC Zumba In Person	13 11:00 am – 12:00 pm TWC Zumba In-Person	14 10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person 10:00 am – 11:00 am Pelvic Health Workshop In-Person 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	15 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191 10:30 am – 11:30 am Stretching and Strengthening In-Person 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	16 9:00 am – 10:15 am Yoga In-Person 9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	17 9:00 am – 12:00 pm Community Clean-up Corner of Mozart St. and Griffin Ave, Los Angeles, CA 90031 Call to Register (213)784-9191 In Person
19 11:00 am – 12:00 pm TWC Zumba In Person	20 11:00 am – 12:00 pm TWC Zumba In-Person	21 10:00 am – 11:00 am Flex and Flow In-Person 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	22 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	23 9:00 am – 10:15 am Yoga In-Person 9:00 am – 10:30 am Walk-up Food Distribution 1200 N State Street Los Angeles, CA 90033 *Historic General Hospital 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	24
26 	27 11:00 am – 12:00 pm TWC Zumba In-Person	28 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	29 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	30 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	31



BLUE Classes in person || RED registration needed
BLACK classes through Zoom (Online)
**Classes are subject to change, rescheduling or cancellation without prior notice*



Monday – Friday 8:30 a.m. – 5:00 p.m.



1200 N. State St.
 Los Angeles, CA 90033



213-784-9191
www.thewellnesscenterLA.org