

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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ANNOUNCEMENTS

September

Monday & Tuesday

Zumba

Don't miss out on the new dates for Zumba! Get your body movin' and groovin' with Alejandra on Mondays and Tuesday - let's get our sweat on and have some fun!

September

11

LA Health Portal Workshop


Join our workshop and learn how to conveniently refill prescriptions, view medical records, view lab results and make doctor appointments!

September

Friday's

Mosquito-borne Diseases

Learn about what is the West Nile Virus, how does it spread, and what we can do to prevent the West Nile Virus.

<p>28</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Zumba with Alejandra In Person</p>	<p>29</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm Nutrition & Healthy Cooking with USC Primary Care Team *Class available in person and Zoom*</p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team *Class available in person and Zoom*</p>	<p>30</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>31</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>1</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>2</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
<p>4</p> <p></p>	<p>5</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm Nutrition & Healthy Cooking with USC Primary Care Team *Class available in person and Zoom*</p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team *Class available in person and Zoom*</p>	<p>6</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p> <p>10:00 am – 11:30 am Vision Board Workshop In-Person</p>	<p>7</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>8</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>10:30 am – 11:30 am Strategies to Deal with Stress In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>9</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:00 am – 12:00 pm LA Health Portal Workshop In-Person</p> <p>11:30 am – 12:30 pm Zumba with Alejandra In Person</p>	<p>12</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm Nutrition & Healthy Cooking with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>6:30 pm – 8:00 pm Con Los Padres Fatherhood Program Register by Sep 1st (323)526-5819 Zoom</p>	<p>13</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>14</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:30 am – 12:00 pm Learning How to Use Your Cellphone In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p> <p>6:30 pm – 8:00 pm Men's Healing Circle Register: (323)526-5819 Zoom</p>	<p>15</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>16</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
<p>18</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Zumba with Alejandra In Person</p>	<p>19</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm Nutrition & Healthy Cooking with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>6:30 pm – 8:00 pm Con Los Padres Fatherhood Program Register by Sep 1st (323)526-5819 Zoom</p>	<p>20</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk Ups) 1774 E Zonal Ave Los Angeles, CA 90033</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>21</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>10:30 am – 11:30 am Stretching & Strengthening In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p> <p>6:30 pm – 8:00 pm Men's Healing Circle Register: (323)526-5819 Zoom</p>	<p>22</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>23</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
<p>25</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Zumba with Alejandra In Person</p>	<p>26</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm Nutrition & Healthy Cooking with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>1:15 pm – 2:00 pm Core Strength Workout with USC Primary Care Team <i>*Class available in person and Zoom*</i></p> <p>6:30 pm – 8:00 pm Con Los Padres Fatherhood Program Register by Sep 1st (323)526-5819 Zoom</p>	<p>27</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>28</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p> <p>6:30 pm – 8:00 pm Men's Healing Circle Register: (323)526-5819 Zoom</p>	<p>29</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>30</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>



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