

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ANNOUNCEMENTS

February

12

Pelvic Health Workshop

Join our Pelvic Health Workshop to learn about feminine hygiene, recognize symptoms of pelvic floor dysfunction, and discover ways to strengthen and support your body.

February

5 & 19

Flex and Flow

Join us for a moderate exercise class that combines your upper and lower body strength with guided band exercises and seated yoga poses.

February

21

Community Advisory Committee Meeting

Do you live in Boyle Heights or Lincon Heights? Join our Community Advisory Committee and contribute to creating a lasting and positive impact. Make a difference by actively participating in decision-making processes and initiatives.

27

11:00 am – 12:00 pm
TWC Zumba
In Person

28

8:00 am – 9:00 am
Morning Movement
Zoom

11:00 am – 12:00 pm
TWC Zumba
In-Person

12:15 pm – 2:00 pm
Healthy Cooking Class
with Chef Pablo and
Exercise
*Class available in person
and via Zoom/Facebook*

29

8:00 am – 9:00 am
Morning Movement
Zoom

11:00 am – 12:30 pm
Social Knitting Group
In Person

30

8:00 am – 9:00 am
Morning Movement
Zoom

31

9:00 am – 10:15 am
Yoga
In-Person

9:00 am – 12:00 pm
Drugs and Alcohol
Awareness
In-Person

1



3

11:00 am – 12:00 pm
TWC Zumba
In Person

4

8:00 am – 9:00 am
Morning Movement
Zoom

11:00 am – 12:00 pm
TWC Zumba
In-Person

12:15 pm – 2:00 pm
Healthy Cooking Class
with Chef Pablo and
Exercise
*Class available in person
and via Zoom/Facebook*

5

8:00 am – 9:00 am
Morning Movement
Zoom

10:00 am – 11:00 am
Flex and Flow
In-Person

11:00 am – 12:30 pm
Social Knitting Group
In Person

6

8:00 am – 9:00 am
Morning Movement
Zoom

6:00 pm – 7:30 pm
Health Innovation
Community Partnership
(HICP) Community Update
Meeting
El Sereno Senior Center
4818 Klamath Place
Los Angeles, CA 90032
Call to Register:
(213)784-9191
In Person

7

9:00 am – 10:15 am
Yoga
In-Person

9:00 am – 12:00 pm
Drugs and Alcohol
Awareness
In-Person

8



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

February 2025

One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 11:00 am – 12:00 pm TWC Zumba In Person	11 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm TWC Zumba In-Person 12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*	12 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – 11:00 am Pelvic Health Workshop In-Person 11:00 am – 12:30 pm Social Knitting Group In Person	13 8:00 am – 9:00 am Morning Movement Zoom	14 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	
	18 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm TWC Zumba In-Person 12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*	19 8:00 am – 9:00 am Morning Movement Zoom 10:00 am – 11:00 am Flex and Flow In-Person 11:00 am – 12:30 pm Social Knitting Group In Person	20 8:00 am – 9:00 am Morning Movement Zoom 10:30 am – 11:30 am Stretching and Strengthening In-Person	21 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 10:30 am – 11:30 pm Coping with Stress In-Person 12:00 pm – 1:30 pm Community Advisory Committee Meeting 1200 N State St, Los Angeles, CA 90033 Call to Register (213)784-9191 In Person	
24 11:00 am – 12:00 pm TWC Zumba In Person	25 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm TWC Zumba In-Person 12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*	26 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:30 pm Social Knitting Group In Person	27 8:00 am – 9:00 am Morning Movement Zoom	28 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	1



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