

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ANNOUNCEMENTS

September

Friday's

Yoga

Join us as we harmonize body and mind, finding peace in the whirlwind of life. Get on your mat and embrace the transformative power of yoga.

September

Tuesday's

Healthy Cooking Class with Chef Pablo and Exercise Returns




Learn how to prepare a healthy meal alongside a nutrition chef and medical students. Get recipes and nutrition tips, join us!

September












































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Grief Support Group

This support group provides a compassionate and understanding space for individuals who are coping with loss. Whether you've recently lost a loved one or are dealing with a more prolonged grief process, this group offers support, connection, and resources to help you.

<p>2</p> 	<p>3</p> <p>8:00 am – 9:00 am Morning Movement Zoom</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 <i>*Class available in person and via Zoom/Facebook*</i></p>	<p>4</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 1:00 pm ELAWC HIV Navigation In-Person</p> <p>11:00 am – 12:30 pm Knitting Group Social Group In Person</p>	<p>5</p> <p>8:00 am – 9:00 am Morning Movement Zoom</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>6</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person</p> <p>10:30 am – 11:30 pm Strategies to deal with Stress In-Person</p> <p>11:00 pm – 12:30 pm Grief Support Group <i>Call to Register In-Person</i></p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p>7</p> 
<p>9</p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p>	<p>10</p> <p>8:00 am – 9:00 am Morning Movement Zoom</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 <i>*Class available in person and via Zoom/Facebook*</i></p>	<p>11</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 1:00 pm ELAWC HIV Navigation In-Person</p> <p>10:00 am – 10:30 am Chair Yoga In-Person</p> <p>10:30 am – 11:00 am Lower Body Exercise Class In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p>	<p>12</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>13</p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p>14</p> 



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16  11:00 am – 12:00 pm TWC Zumba In Person	17  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 <i>*Class available in person and via Zoom/Facebook*</i>	18  8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	19  8:00 am – 9:00 am Morning Movement Zoom  10:30 am – 11:30 am Stretching and Strengthening In-Person  11:30 am – 12:30 pm Dance Therapy In Person	20  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person  9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 <i>*Building B</i>  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	
23  11:00 am – 12:00 pm TWC Zumba In Person	24  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 <i>*Class available in person and via Zoom/Facebook*</i>	25  8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  10:30 am – 11:00 am Lower Body Exercise Class In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	26  8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	27  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person  12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk-Ups) 11724 Sichel Street Los Angeles, CA 90031	
30  11:00 am – 12:00 pm TWC Zumba In Person	1  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 <i>*Class available in person and via Zoom/Facebook*</i>	2  8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	3  8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	4  9:00 am – 10:15 am Yoga In-Person  9:00 am – 12:00 pm Preventing Mosquito- Borne Illnesses In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	



Farmers
Market



Family Program



Fitness



Nutrition



Food Giveaway



Support Group



Workshop

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