

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	---------	-----------	----------	--------	----------

ANNOUNCEMENTS

April 4
Health Innovation Community Partnership (HICP) Community Update Meeting
 Join us to learn about exciting development projects at the LA General Medical Center.

April 9
Introduction to Diabetes and Footcare
 Join this 6-session class covers the basics of diabetes for individuals with diabetes or prediabetes, caregivers, and anyone interested in learning more.

April 26
Coffee with Community
 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!

31 11:00 am – 12:00 pm TWC Zumba In Person	1 11:00 am – 12:00 pm TWC Zumba In-Person	2 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	3 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191 10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person	4 8:45 am – 10:45 am Health Innovation Community Partnership Meeting (HICP) Los Angeles General Medical Center 2051 Marengo St, Los Angeles, CA 90033 Call to Register: (213)784-9191 In Person/ Zoom 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person 10:30 am – 11:30 pm Coping with Stress In-Person	
7 11:00 am – 12:00 pm TWC Zumba In Person 12:30 pm – 1:30 pm Brain Exercise In-Person	8 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*	9 10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	10 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	11 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	



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

April 2025

One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 11:00 am – 12:00 pm TWC Zumba In Person 12:30 pm – 1:30 pm Brain Exercise In-Person	15 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>	16 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	17 10:30 am – 11:30 am Stretching and Strengthening In-Person 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	18 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	19 Closed
21 11:00 am – 12:00 pm TWC Zumba In Person 12:30 pm – 1:30 pm Brain Exercise In-Person	22 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>	23 10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person 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	24 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	25 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	26 11:00 am – 1:00 pm Coffee with Community 1200 N State St, Los Angeles, CA 90033 Call to Register (213)784-9191 In Person
28 11:00 am – 12:00 pm TWC Zumba In Person 12:30 pm – 1:30 pm Brain Exercise In-Person	29 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>	30 10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom DENIM DAY EST. 1999	1 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	2 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	3 Closed