
























Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ANNOUNCEMENTS					
<p><b>Know your Constitutional Rights</b></p> <ul style="list-style-type: none"><li>• <b>DO NOT OPEN THE DOOR</b> if an immigration agent is knocking on the door.</li><li>• <b>DO NOT ANSWER ANY QUESTIONS</b> from an immigration agent if they try to talk to you. You have the right to remain silent.</li><li>• <b>DO NOT SIGN ANYTHING</b> without first speaking to a lawyer. You have the right to speak with a lawyer.</li><li>• If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.</li></ul>					
<div>30</div> <div> 11:00 am – 12:00 pm TWC Zumba In Person</div>	<div>1</div> <div> 11:00 am – 12:00 pm TWC Zumba In-Person</div>	<div>2</div> <div><div> 10:00 am – 11:00 am Flex and Flow In-Person</div><div> 11:00 am – 12:30 pm Social Knitting Group In Person</div><div> 2:30 pm – 3:30 pm Burn Support Group Zoom</div></div>	<div>3</div> <div><div> 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</div><div> 11:30 am – 12:30 pm Dance Therapy In Person</div></div>	<div>4</div> <div></div>	<div>5</div> <div></div>
<div>7</div> <div> 11:00 am – 12:00 pm TWC Zumba In Person</div>	<div>8</div> <div><div> 11:00 am – 12:00 pm TWC Zumba In-Person</div><div> 12:15 pm – 2:00 pm Summer Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i></div></div>	<div>9</div> <div><div> 10:00 am – 11:00 am Pelvic Health Workshop In-Person</div><div> 10:00 am – 11:00 am Summer Crafts for Kids and Guardians In-Person</div><div> 11:00 am – 12:30 pm Social Knitting Group In Person</div><div> 2:30 pm – 3:30 pm Burn Support Group Zoom</div></div>	<div>10</div> <div><div> 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</div><div> 10:30 am – 11:30 am Coping with Stress In-Person</div><div> 11:30 am – 12:30 pm Dance Therapy In Person</div></div>	<div>11</div> <div><div> 8:45 am – 10:45 am Health Innovation Community Partnership Meeting (HICP) Los Angeles General Medical Center Call to Register: (213)784-9191 Zoom</div><div> 9:00 am – 10:15 am Yoga In-Person</div><div> 9:00 am – 12:00 pm Extreme Heat In-Person</div></div>	<div>12</div> <div></div>

July  
2025

One - Stop Destination for  
Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>14</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>15</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div>	<div>16</div> <div><div></div><div>10:00 am – 11:00 am</div><div>Flex and Flow</div><div>In-Person</div></div> <div><div></div><div>10:00 am – 11:00 am</div><div>Pelvic Health Workshop</div><div>In-Person</div></div> <div><div></div><div>10:00 am – 11:00 am</div><div>Summer Crafts for Kids and Guardians</div><div>In-Person</div></div> <div><div></div><div>11:00 am – 12:30 pm</div><div>Social Knitting Group</div><div>In Person</div></div> <div><div></div><div>2:30 pm – 3:30 pm</div><div>Burn Support Group</div><div>Zoom</div></div>	<div>17</div> <div><div></div><div>9:00 am – 2:00 pm</div><div>Chiropractic Services</div><div>Call to register for free: (213) 784 -9191</div></div> <div><div></div><div>10:30 am – 11:30 am</div><div>Stretching and Strengthening</div><div>In-Person</div></div> <div><div></div><div>11:30 am – 12:30 pm</div><div>Dance Therapy</div><div>In Person</div></div>	<div>18</div> <div><div></div><div>9:00 am – 10:15 am</div><div>Yoga</div><div>In-Person</div></div> <div><div></div><div>9:00 am – 10:30 am</div><div>Walk-up Food Distribution</div><div>2010 Zonal Avenue</div><div>Los Angeles, CA 90033</div><div>*Building B</div></div> <div><div></div><div>9:00 am – 12:00 pm</div><div>Extreme Heat</div><div>In-Person</div></div>	<div>19</div> <div></div>
<div>21</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>22</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div>	<div>23</div> <div><div></div><div>10:00 am – 11:00 am</div><div>Summer Crafts for Kids and Guardians</div><div>In-Person</div></div> <div><div></div><div>11:00 am – 12:30 pm</div><div>Social Knitting Group</div><div>In Person</div></div> <div><div></div><div>2:30 pm – 3:30 pm</div><div>Burn Support Group</div><div>Zoom</div></div>	<div>24</div> <div><div></div><div>9:00 am – 2:00 pm</div><div>Chiropractic Services</div><div>Call to register for free: (213) 784 -9191</div></div> <div><div></div><div>11:30 am – 12:30 pm</div><div>Dance Therapy</div><div>In Person</div></div>	<div>25</div> <div><div></div><div>9:00 am – 10:15 am</div><div>Yoga</div><div>In-Person</div></div> <div><div></div><div>9:00 am – 10:30 am</div><div>Walk-up Food Distribution</div><div>1200 N State Street</div><div>Los Angeles, CA 90033</div><div>*Historic General Hospital</div></div> <div><div></div><div>9:00 am – 12:00 pm</div><div>Extreme Heat</div><div>In-Person</div></div>	<div>26</div> <div></div>
<div>28</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>29</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div>	<div>30</div> <div><div></div><div>10:00 am – 11:00 am</div><div>Summer Crafts for Kids and Guardians</div><div>In-Person</div></div> <div><div></div><div>11:00 am – 12:30 pm</div><div>Social Knitting Group</div><div>In Person</div></div> <div><div></div><div>2:30 pm – 3:30 pm</div><div>Burn Support Group</div><div>Zoom</div></div>	<div>31</div> <div><div></div><div>9:00 am – 2:00 pm</div><div>Chiropractic Services</div><div>Call to register for free: (213) 784 -9191</div></div> <div><div></div><div>11:30 am – 12:30 pm</div><div>Dance Therapy</div><div>In Person</div></div>	<div>1</div> <div><div></div><div>9:00 am – 10:15 am</div><div>Yoga</div><div>In-Person</div></div> <div><div></div><div>9:00 am – 12:00 pm</div><div>Extreme Heat</div><div>In-Person</div></div>	<div>2</div> <div></div>

Monday – Friday 8:30 a.m. – 5:00 p.m.

1200 N. State St.  
Los Angeles, CA 90033

213-784-9191  
www.thewellnesscenterLA.org