

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ANNOUNCEMENTS

March

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

March

10 & 24
Brain Exercise

Join us for a weekly class to improve overall brain health! Activities include low-impact exercises, simple math and reading problems, and brain games.

March

15
Community Clean-up

Let's Make Boyle Heights Shine! Join us for a Community Clean-Up and help transform our neighborhood into a cleaner, brighter place for everyone!

<p>3</p> <p> 11:00 am – 12:00 pm TWC Zumba In Person</p>	<p>4</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> 6:00 pm – 7:30 pm Health Innovation Community Partnership (HICP) Community Update Meeting City Terrace Park 1126 N Hazard Ave Los Angeles, CA 90063 Call to Register: (213)784-9191 In Person</p>	<p>5</p> <p> 8:00 am – 9:00 am Morning Movement Zoom</p> <p> 10:00 am – 11:00 am Flex and Flow In-Person</p> <p> 11:00 am – 12:30 pm Social Knitting Group In Person</p> <p> 2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p>6</p> <p> 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p> 10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person</p>	<p>7</p> <p> 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</p> <p> 9:00 am – 10:15 am Yoga In-Person</p> <p> 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p> <p> 10:30 am – 11:30 pm Coping with Stress In-Person</p>	<p>8</p> <p style="text-align: center;"></p>
<p>10</p> <p> 11:00 am – 12:00 pm TWC Zumba In Person</p> <p> 1:00 pm – 2:00 pm Brain Exercise In-Person</p>	<p>11</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>12</p> <p> 10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p> 11:00 am – 12:30 pm Social Knitting Group In Person</p> <p> 2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p>13</p> <p> 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p>	<p>14</p> <p> 9:00 am – 10:15 am Yoga In-Person</p> <p> 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p>	<p>15</p> <p> 9:00 am – 12:00 pm Community Clean-up 1200 N State St, Los Angeles, CA 90033 Call to Register (213)784-9191 In Person</p>



March 2025

One - Stop Destination for Health & Wellness



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17 11:00 am – 12:00 pm TWC Zumba In Person 1:00 pm – 2:00 pm Brain Exercise In-Person	18 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 10:00 am – 11:00 am Flex and Flow 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	20 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	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	
24 11:00 am – 12:00 pm TWC Zumba In Person 1:00 pm – 2:00 pm Brain Exercise In-Person	25 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 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	27 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	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	
31 	1 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*	2 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	4 9:00 am – 10:15 am Yoga In-Person 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	