

Monday

Tuesday

Wednesday

Thursday






























Friday

Saturday

ANNOUNCEMENTS

Know your Constitutional Rights

- **DO NOT OPEN THE DOOR** if an immigration agent is knocking on the door.
- **DO NOT ANSWER ANY QUESTIONS** from an immigration agent if they try to talk to you. You have the right to remain silent.
- **DO NOT SIGN ANYTHING** without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.

<div>28</div> <div><div></div><div>11:00 am – 12:00 pm TWC Zumba In Person</div></div>	<div>29</div> <div><div></div><div>11:00 am – 12:00 pm TWC Zumba In Person</div><div></div><div>12:15 pm – 1:15 pm Fall Prevention and Balance Improvement Workshop In Person</div><div></div><div>12:15 pm – 1:15 pm Fall Prevention Workshop In Person</div></div>	<div>30</div> <div><div></div><div>10:00 am – 11:00 am Summer Crafts for Kids and Guardians In Person</div><div></div><div>11:00 am – 12:30 pm Social Knitting Group In Person</div><div></div><div>2:30 pm – 3:30 pm Burn Support Group Zoom</div></div>	<div>31</div> <div><div></div><div>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</div><div></div><div>10:00 am – 11:00 am Walk with a Doctor In Person</div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div><div></div><div>1:00 pm – 2:00 pm Relaxation Workshop In Person</div></div>	<div>1</div> <div><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></div><div>9:00 am – 10:15 am Yoga In Person</div><div></div><div>9:00 am – 12:00 pm Extreme Heat In Person</div></div>	<div>2</div> <div></div>
<div>4</div> <div><div></div><div>11:00 am – 12:00 pm TWC Zumba In Person</div></div>	<div>5</div> <div><div></div><div>11:00 am – 12:00 pm TWC Zumba In Person</div><div></div><div>12:15 pm – 1:15 pm Pain Management Workshop In Person</div></div>	<div>6</div> <div><div></div><div>10:00 am – 11:00 am Flex and Flow In-Person</div><div></div><div>11:00 am – 12:30 pm Social Knitting Group In Person</div><div></div><div>2:30 pm – 3:30 pm Burn Support Group Zoom</div></div>	<div>7</div> <div><div></div><div>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</div><div></div><div>9:00 am – 12:00 pm Community Clean Up In Person Meet Up Location: 1200 N. State St, Los Angeles, CA 90033</div><div></div><div>10:00 am – 11:00 am Walk with a Doctor In Person</div><div></div><div>10:30 am – 11:30 pm Osteoarthritis Management Program Education In Person</div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div><div></div><div>1:00 pm – 2:00 pm Relaxation Workshop In Person</div></div>	<div>8</div> <div><div></div><div>9:00 am – 12:00 pm Extreme Heat In Person</div></div>	<div>9</div> <div></div>



August
2025

One - Stop Destination for
Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>11</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>12</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div> <div><div></div><div>12:15 pm – 2:00 pm</div><div>Healthy Cooking Class with Chef Pablo and Exercise</div><div><i>*Class available in person and via Zoom/Facebook*</i></div></div> <div><div></div><div>1:30 pm – 2:30 pm</div><div>Responsibilities When Taking Medications Workshop</div><div>In Person</div></div>	<div>13</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>14</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>10:00 am – 11:00 am</div><div>Walk with a Doctor</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><div></div><div>1:00 pm – 2:00 pm</div><div>Relaxation Workshop</div><div>In Person</div></div>	<div>15</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><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><i>*Building B</i></div></div>	<div>16</div> <div></div>
<div>18</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>19</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div> <div><div></div><div>12:15 pm – 2:00 pm</div><div>Healthy Cooking Class with Chef Pablo and Exercise</div><div><i>*Class available in person and via Zoom/Facebook*</i></div></div> <div><div></div><div>1:30 pm – 2:30 pm</div><div>Improving Breathing Workshop</div><div>In Person</div></div>	<div>20</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>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>21</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>10:00 am – 11:00 am</div><div>Walk with a Doctor</div><div>In Person</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><div></div><div>1:00 pm – 2:00 pm</div><div>Relaxation Workshop</div><div>In Person</div></div>	<div>22</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><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><i>*Historic General Hospital</i></div></div>	<div>23</div> <div></div>
<div>25</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In Person</div></div>	<div>26</div> <div><div></div><div>11:00 am – 12:00 pm</div><div>TWC Zumba</div><div>In-Person</div></div> <div><div></div><div>12:15 pm – 2:00 pm</div><div>Healthy Cooking Class with Chef Pablo and Exercise</div><div><i>*Class available in person and via Zoom/Facebook*</i></div></div>	<div>27</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>28</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>10:00 am – 11:00 am</div><div>Walk with a Doctor</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><div></div><div>1:00 pm – 2:00 pm</div><div>Relaxation Workshop</div><div>In Person</div></div>	<div>29</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>30</div> <div></div>