








































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ANNOUNCEMENTS					
<p>July 12 Yoga <i>Join us for some light yoga poses and stretching. Increase your strength and flexibility while lowering tension in your joints and stress. Welcome to all ages!</i></p> <p>July 18 Breast and Cervical Cancer Prevention Workshop <i>Come and learn about a variety of topics pertaining to Risk Factors, Healthy Habits, and Preventative Exams for the prevention of breast and cervical cancer.</i></p> <p>July 24 Vision Board Workshop <i>Join us to create a vision board and set goals in a creative way. Relax and let your creativity take over. Call to register!</i></p>					
<p>3</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p>4</p> <p>Closed</p>	<p>5</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>6</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</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>4:00 pm – 6:00 pm Empowerment self Defense In Person</p>	<p>7</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>8</p> <p>9:00 am – :00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p>
<p>10</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p>11</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:00 am – 12:00 pm Zumba with Alejandra In Person</p> <p>12:15 pm – 1:15 pm TWC Healthy Kitchen In- Person</p>	<p>12</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>1:00 pm – 2:00 pm Yoga In-Person</p> <p>10:30 am – 12:00 pm Learning How to Use Your Cellphone In-Person</p> <p>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p>	<p>13</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>14</p> <p>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</p> <p>10:30 am – 11:30 am Injury Prevention: Reduce Risk of Injuries In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>15</p> <p>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</p> <p>➔</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>17</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>8:00 am – 9:00 am Morning Movement Zoom</div></div><div><div></div><div>11:00 am – 12:00 pm Zumba with Alejandra In Person</div></div><div><div></div><div>12:15 pm – 1:15 pm TWC Healthy Kitchen In- Person</div></div><div><div></div><div>12:30 am – 2:30 pm Breast and Cervical Cancer Prevention Workshop In-Person</div></div></div>	<div>18</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>1:00 pm – 2:00 pm Yoga In-Person</div></div><div><div></div><div>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</div></div></div>	<div>19</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>20</div> <div><div><div></div><div>9:00 am – 11:00 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B</div></div><div><div></div><div>10:30 am – 11:30 am Strategies to Deal with Stress In-Person</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>21</div> <div><div><div></div><div>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>22</div> <div><div><div></div><div>9:00 am – :00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</div></div></div>
<div>24</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>11:00 am – 12:00 pm Vision Board Workshop In-Person</div></div></div>	<div>25</div> <div><div><div></div><div>8:00 am – 9:00 am Morning Movement Zoom</div></div><div><div></div><div>10:30 am – 11:30 am Stretching & Strengthening In-Person</div></div><div><div></div><div>11:00 am – 12:00 pm Zumba with Alejandra In Person</div></div><div><div></div><div>12:15 pm – 1:15 pm TWC Healthy Kitchen In- Person</div></div></div>	<div>26</div> <div><div><div></div><div>12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk Ups) 1774 E Zonal Ave Los Angeles, CA 90033</div></div><div><div></div><div>1:00 pm – 2:00 pm Yoga In-Person</div></div><div><div></div><div>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</div></div></div>	<div>27</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>28</div> <div><div><div></div><div>9:00 am – 12:00 pm Mosquito-borne Diseases In-Person</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>29</div> <div><div><div></div><div>9:00 am – 12:00 pm LA Care CPR / First Aid To register visit https://acls123.com/free</div></div></div>
<div>31</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div></div>	<div>1</div> <div><div><div></div><div>8:00 am – 9:00 am Morning Movement Zoom</div></div><div><div></div><div>11:00 am – 12:00 pm Zumba with Alejandra In Person</div></div></div>	<div>2</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</div></div></div>	<div>3</div> <div><div><div></div><div>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</div></div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>4</div> <div><div><div></div><div>11:30 am – 12:30 pm Dance Therapy In Person</div></div></div>	<div>5</div> <div><div><div></div><div>9:00 am – 12:00 pm LA Care CPR / First Aid (E) To register visit https://acls123.com/free</div></div></div>