One - Stop Destination for Health & Wellness



Friday Monday Tuesday Wednesday **Thursday** Saturday

ANNOUNCEMENTS

May

2

Diabetes Day

Join us to learn about diabetes and how to live a healthier lifestyle. We will host live exercise classes and different health-related workshops. Learn more healthy recipes from Chef Pablo! Call to register today!

May

The Wellness Center 10th Anniversary Celebration

Join us in celebrating a decade of community involvement. Mark your calendar and call to Pre-register to be a part of this incredible milestone.

May

24

Art for the Heart

A creative space for self-expression, and relaxation, and to help tell a story through painting and discussion topics. Call to register today!









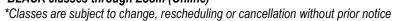












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				:	AT THE HISTORIC GENERAL HOSPITAL	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 11:30 am – 12:30 pm TWC Zumba In Person	8:00 am - 9:00 am Morning Movement Zoom 11:00 am - 12:00 pm TWC Zumba In-Person	8:00 am - 9:00 am Morning Movement Zoom 9:00 am - While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 9:00 am - 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard 10:00 am - 11:00 am Chair Yoga In-Person 10:00 am - 1:00 pm HIV Navigation In-Person 11:00 am - 12:00 pm Lower Body Exercise Class In-Person	8:00 am - 9:00 am Morning Movement Zoom 10:00 am - 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max 11:30 am - 12:30 pm Dance Therapy In Person	9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person 9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B 11:30 am – 12:30 pm Dance Therapy In Person	10:00 am - 2:00 pm East Los Angeles Women's Center Mujeres Market 1431 S Atlantic Blvd Los Angeles, CA 90022	
20	21	22	23	24	25	
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