

May 2024

One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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

11

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!

<p>29</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 TWC Zumba In Person</p>	<p>30</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>1</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard</p> <p>10:00 am – 11:00 am Chair Yoga In-Person</p> <p>10:00 am – 1:00 pm HIV Navigation In-Person</p> <p>9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p>11:00 am – 12:00 pm Lower Body Exercise Class In-Person</p>	<p>2</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</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>12:30 pm – 3:30 pm Diabetes Day 2024 In Person Call to Register</p>	<p>3</p> <p>9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>4</p> <p style="text-align: center;"></p>
<p>6</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 TWC Zumba In Person</p>	<p>7</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>8</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>10:00 am – 1:00 pm HIV Navigation In-Person</p>	<p>9</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>10</p> <p>9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person</p> <p>10:30 am – 11:30 am Mother's Day Gardening In Person Capacity: 20 max</p> <p>10:30 am – 11:30 am Strategies to Deal with Stress In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>11</p> <p style="text-align: center;"></p> <p style="text-align: center;">The Wellness Center 10th Anniversary Celebration 11am – 4:30pm</p> <p style="text-align: center;">Special Guest:</p> <p style="text-align: center;"></p> <p style="text-align: center;"></p>



BLUE Classes in person || RED registration needed
BLACK classes through Zoom (Online)

*Classes are subject to change, rescheduling or cancellation without prior notice



Monday – Friday 8:30 a.m. – 5:00 p.m.



1200 N. State St.
Los Angeles, CA 90033





213-784-9191
www.thewellnesscenterLA.org

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20 10:00 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	21 8:00 am – 9:00 am Morning Movement Zoom 11:00 am – 12:00 pm TWC Zumba In-Person	22 8:00 am – 9:00 am Morning Movement Zoom 10:00 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 – 1:00 pm HIV Navigation In-Person 12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk-Ups) 1774 E Zonal Ave Los Angeles, CA 90033	23 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	24 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person 10:00 am – 11:30 am Art for the Heart In Person 11:30 am – 12:30 pm Dance Therapy In Person	25 
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