

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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ANNOUNCEMENTS

July 8
Mindfulness Meditation
 Join us for a peaceful introduction to mindfulness meditation, a practice that can help with stress reduction. Call to register!

July
Yoga Coming Soon
 Join us as we harmonize body and mind, finding peace in the whirlwind of life. Get on your mat and embrace the transformative power of yoga. Ask us about yoga classes during the month of July.

July 10
Cool Tips for Hot Days: Your Guide to Heat Safety
 Learn tips, you can enjoy summer safely while staying cool and comfortable. Heat safety is everyone's responsibility—take care of yourself and those around you during hot days.

<p>1</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 TWC Zumba In Person</p>	<p>2</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>3</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>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 style="text-align: center;"> </p>	<p>5</p> <p>9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person</p> <p>10:30 am – 11:30 am Strategies to Deal with Stress In-Person</p> <p>7:00 pm – 9:00 pm Summer Night Lights Wabash Recreation Center 2765 Wabash Ave. Los Angeles, CA 90033</p>	<p>6</p> <p>7:00 pm – 9:00 pm Summer Night Lights Hazard Park Recreation Center 2230 Norfolk St. Los Angeles, CA 90033</p>
<p>8</p> <p>8:50 am – 9:30 am Walking Group 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 TWC Zumba In Person</p> <p>12:00 pm – 1:00 pm Mindfulness Meditation In-Person</p>	<p>9</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>8:50 am – 9:30 am Walking Group In-Person</p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p>	<p>10</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>9:00 am – 10:00 am Gardening Class 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>9:00 am – 2:00pm Farmers Market Los Angeles General Medical Center Courtyard</p> <p>10:00 am – 11:00 am Learning How to Use Your Cellphone In-Person</p> <p>11:00 am – 12:00 pm Cool Tips for Hot Days: Your Guide to Heat Safety In-Person</p>	<p>11</p> <p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Mothership: Support Group for Mothers and Guardians with Kids 0-3yr In Person Capacity: 8 max</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>12</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 Los Angeles General Medical Center Courtyard In Person</p> <p>7:00 pm – 9:00 pm Summer Night Lights Wabash Recreation Center 2765 Wabash Ave. Los Angeles, CA 90033</p>	<p>13</p> <p>7:00 pm – 9:00 pm Summer Night Lights Hazard Park Recreation Center 2230 Norfolk St. Los Angeles, CA 90033</p>

Farmers Market |
 Family Program |
 Fitness |
 Nutrition |
 Food Giveaway |
 Support Group |
 Workshop

BLUE Classes in person || RED registration needed
BLACK classes through Zoom (Online)
 *Classes are subject to change, rescheduling or cancellation without prior notice

July 2024

One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 8:50 am – 9:30 am Walking Group In-Person 9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 11:00 am – 12:00 pm TWC Zumba In Person	16 8:00 am – 9:00 am Morning Movement Zoom 8:50 am – 9:30 am Walking Group In-Person 11:00 am – 12:00 pm TWC Zumba In-Person	17 8:00 am – 9:00 am Morning Movement Zoom 9:00 am – 10:00 am Gardening Class In-Person 9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 10:00 am – 10:30 am Chair Yoga In-Person 10:30 am – 11:00 am Lower Body Exercise Class In-Person 11:00 am – 12:00 pm Cool Tips for Hot Days: Your Guide to Heat Safety In-Person	18 8:00 am – 9:00 am Morning Movement Zoom 11:30 am – 12:30 pm Dance Therapy In Person	19 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 Los Angeles General Medical Center Courtyard In Person 7:00 pm – 9:00 pm Summer Night Lights Wabash Recreation Center 2765 Wabash Ave. Los Angeles, CA 90033	20 7:00 pm – 9:00 pm Summer Night Lights Hazard Park Recreation Center 2230 Norfolk St. Los Angeles, CA 90033
22 8:50 am – 9:30 am Walking Group In-Person 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 11:00 am – 12:00 pm TWC Zumba In Person	23 8:00 am – 9:00 am Morning Movement Zoom 8:50 am – 9:30 am Walking Group In-Person 11:00 am – 12:00 pm TWC Zumba In-Person	24 8:00 am – 9:00 am Morning Movement Zoom 9:00 am – 10:00 am Gardening Class In-Person 9:00 am – 2:00 pm Farmers Market Los Angeles General Medical Center Courtyard 12:00 pm – 2:00 pm Drive-Thru Food Distribution (No Walk-Ups) 11724 Sichel Street Los Angeles, CA 90031 10:00 am – 11:00 am Learning How to Use Your Cellphone In-Person	25 8:00 am – 9:00 am Morning Movement Zoom 10:30 am – 11:30 am Stretching and Strengthening In-Person 11:30 am – 12:30 pm Dance Therapy In Person	26 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	27
29 8:50 am – 9:30 am Walking Group In-Person 10:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 11:00 am – 12:00 pm TWC Zumba In Person	30 8:00 am – 9:00 am Morning Movement Zoom 8:50 am – 9:30 am Walking Group In-Person 11:00 am – 12:00 pm TWC Zumba In-Person	31 8:00 am – 9:00 am Morning Movement Zoom 9:00 am – 10:00 am Gardening Class In-Person 9:00 am – While Supplies Last Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023 10:00 am – 10:30 am Chair Yoga In-Person 10:30 am – 11:00 am Lower Body Exercise Class In-Person	1 8:00 am – 9:00 am Morning Movement Zoom 11:30 am – 12:30 pm Dance Therapy In Person	2 9:00 am – 12:00 pm Flu and Covid-19 Guidance In-Person 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person 6:00 pm – 9:30 pm Back-to-School Giveaway and Outdoor Movie Night The Wellness Center 1200 N State St. Los Angeles, CA 90033 Call to Register!	3



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