

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### ANNOUNCEMENTS

#### March

#### Women's History Month

Celebrate the unique accomplishments women have accomplished throughout American history in March, which is Women's History Month! Join our workshops, healthy cooking class, and exercise programs to learn how you may maintain your personal health while preserving the legacy of women's history.

#### March

#### Health Management Program

With the variety of workshops we offer, learn how to take care of your health. Join us for our sessions on Meal Prepping for Parkinson's: Dietician Guidance, Arthritis Workout, and Healthy Eating & Active Living. Call for further details.

#### March

25

#### 9<sup>th</sup> Anniversary Celebration

Enjoy the music, the food, and the entertainment! Learn about all the wonderful services and resources TWC offers through our wonderful affiliated organizations. Prepare for a fun-filled day for the entire family! Welcome to everyone. Call to register.

<p><b>27</b></p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>10:00 am – 12:00 pm</b> Matter of Balance In- Person</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p>	<p><b>28</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>12:15 pm – 1:15 pm</b> Nutrition &amp; Healthy Cooking with USC Primary Care: (E/S) Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p>	<p><b>1</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>2</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>3</b></p> <p><b>9:00 am – 12:00 pm</b> Healthy Eating &amp; Active Living In-Person</p> <p><b>10:00 am – 12:00 pm</b> Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p><b>11:00 am – 12:30 pm</b> Art for the Heart In-Person</p> <p><b>11:30 am – 12:30 pm</b> Dance Therapy In Person</p>	<p><b>4</b></p> <p><b>9:00 am – :00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>
<p><b>6</b></p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p>	<p><b>7</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>12:15 pm – 1:15 pm</b> Nutrition &amp; Healthy Cooking with USC Primary Care: (E/S) Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p>	<p><b>8</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>9</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>7:00 pm – 8:00 pm</b> Meal Prepping for Parkinson's: Advice from a Dietician Zoom</p>	<p><b>10</b></p> <p><b>9:00 am – 12:00 pm</b> Healthy Eating &amp; Active Living In-Person</p> <p><b>10:00 am – 12:00 pm</b> Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p><b>11:00 am – 12:30 pm</b> Art for the Heart In-Person</p> <p><b>11:30 am – 12:30 pm</b> Dance Therapy In Person</p>	<p><b>11</b></p> <p><b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>
<p><b>International WOMENS Day</b></p>					

 Gardening
  Family Program
  Fitness
  Nutrition
  Food Giveaway
  Support Group
  Workshop
 (E) English (S) Spanish || **BLUE** Classes in person || **RED** registration needed  
 \*Class space is limited (first come, first serve) || **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](http://www.thewellnesscenterLA.org)

# March 2023

## One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>13</b></p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>2:00 pm – 3:00 pm</b> Arthritis Exercise Zoom</p>	<p><b>14</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>12:15 pm – 1:15 pm</b> Nutrition &amp; Healthy Cooking with USC Primary Care: (E/S) Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:00 pm – 2:00 pm</b> Healthy Living for Your Brain &amp; Body Zoom</p> <p><b>2:00 pm – 3:00 pm</b> Arthritis Exercise Zoom</p>	<p><b>15</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>1:30 pm – 2:30 pm</b> Understanding Alzheimer's and Dementia Zoom</p> <p><b>5:00 pm – 6:00 pm</b> Breathe Clean LA Coalition Meeting Zoom</p>	<p><b>16</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>11:00 am – 12:00 pm</b> 10 Warning Signs of Alzheimer's Zoom</p> <p><b>4:00 pm – 5:00 pm</b> Stop! Smoking Coalition Meeting Zoom</p>	<p><b>17</b></p> <p><b>9:00 am – 12:00 pm</b> Healthy Eating &amp; Active Living In-Person</p> <p><b>9:00 am – 11:00 am</b> Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 <i>*Building B</i></p> <p><b>10:00 am – 12:00 pm</b> Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p><b>10:30 am – 11:30 am</b> Strategies to Deal with Stress In-Person</p> <p><b>11:30 am – 12:30 pm</b> Dance Therapy In Person</p>	<p><b>18</b></p> <p><b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>
<p><b>20</b></p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>2:00 pm – 3:00 pm</b> Arthritis Exercise Zoom</p>	<p><b>21</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:30 am – 11:30 am</b> Stretching &amp; Strengthening In-Person</p> <p><b>12:15 pm – 1:15 pm</b> Nutrition &amp; Healthy Cooking with USC Primary Care: (E/S) Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>2:00 pm – 3:00 pm</b> Arthritis Exercise Zoom</p>	<p><b>22</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>12:00 pm – 2:00 pm</b> Drive-Thru Food Distribution (No Walk Ups) 1200 N State St Los Angeles, CA 90033</p>	<p><b>23</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>24</b></p> <p><b>9:00 am – 12:00 pm</b> Healthy Eating &amp; Active Living In-Person</p> <p><b>10:00 am – 12:00 pm</b> Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p><b>11:00 am – 12:30 pm</b> Art for the Heart In-Person</p> <p><b>11:30 am – 12:30 pm</b> Dance Therapy In Person</p>	<p><b>25</b></p> <p><b>TWC's 9<sup>th</sup> Anniversary Celebration</b></p>
<p><b>27</b></p> <p><b>Closed</b></p>	<p><b>28</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>12:15 pm – 1:15 pm</b> Nutrition &amp; Healthy Cooking with USC Primary Care: (E/S) Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>1:15 pm – 2:00 pm</b> Core Strength Workout with USC Primary Care Team Demo. Kitchen. (18) <i>*Class available in person and Zoom*</i></p> <p><b>2:00 pm – 3:00 pm</b> Arthritis Exercise Zoom</p>	<p><b>29</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – 12:00 pm</b> Early Learning Readiness In-Person (0-5 yrs. old)</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>30</b></p> <p><b>8:00 am – 9:00 am</b> Morning Movement Zoom</p> <p><b>10:00 am – While Supplies Last</b> Food Distribution at Weingart East LA YMCA 2900 Whittier Blvd Los Angeles, CA 90023</p>	<p><b>31</b></p> <p><b>9:00 am – 12:00 pm</b> Healthy Eating &amp; Active Living In-Person</p> <p><b>10:30 am – 11:30 am</b> Injury Prevention: Reduce Risk of Injuries In-Person</p> <p><b>10:00 am – 12:00 pm</b> Educating the Tiny Minds Program (1-5 yrs. old) In-Person</p> <p><b>11:00 am – 12:30 pm</b> Art for the Heart In-Person</p> <p><b>11:30 am – 12:30 pm</b> Dance Therapy In Person</p>	<p><b>1</b></p> <p><b>9:00 am – 12:00 pm</b> LA Care CPR / First Aid (E) To register visit <a href="https://acls123.com/free">https://acls123.com/free</a></p>

Gardening
 Family Program
 Fitness
 Nutrition
 Food Giveaway
 Support Group
 Workshop
 (E) English (S) Spanish || **BLUE Classes in person** || **RED registration needed**  
*\*Class space is limited (first come, first serve) || BLACK classes through Zoom (Online)*  
*\*Classes are subject to change, rescheduling or cancellation without prior notice*