One - Stop Destination for Health & Wellness



Monday Wednesday **Friday Tuesday** Thursday Saturday

ANNOUNCEMENTS

March

Health Innovation Community Partnership (HICP) Community Update Meeting

Join us to learn about exciting development projects at the LA General Medical Center.

March

10 & 24

Brain Exercise

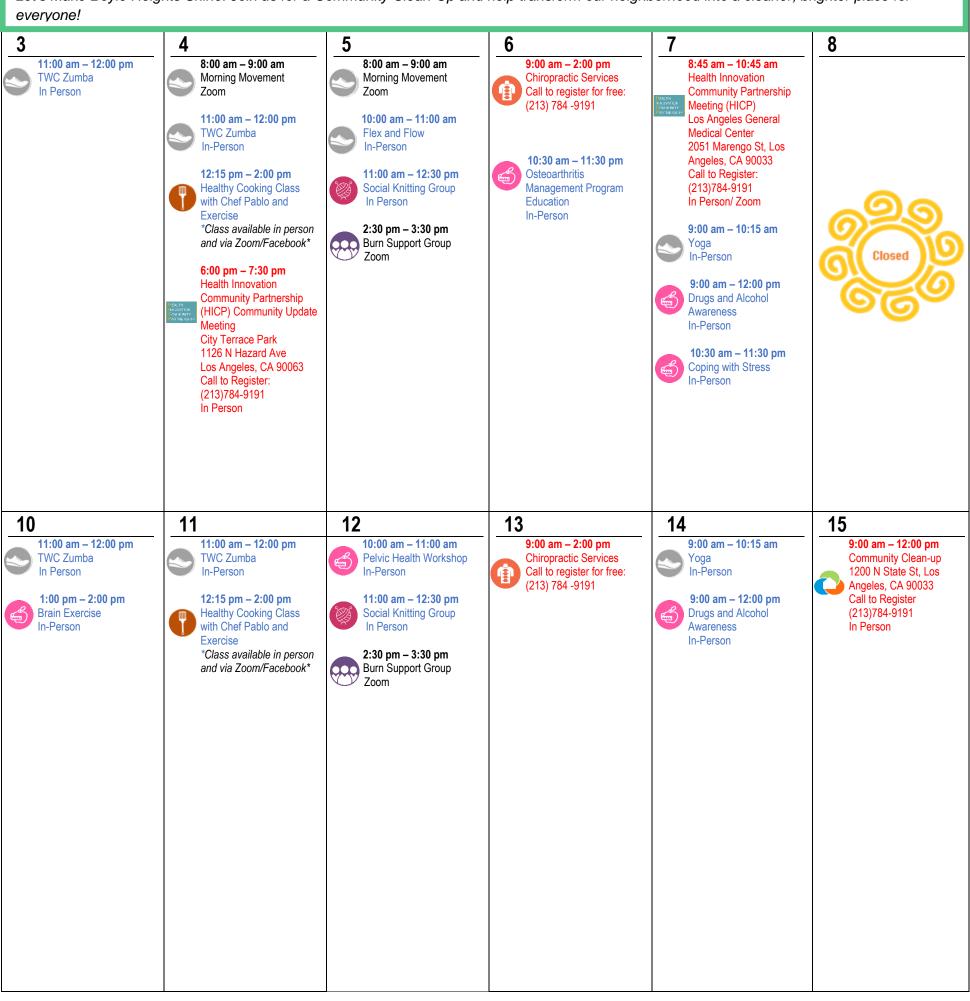
Join us for a weekly class to improve overall brain health! Activities include low-impact exercises, simple math and reading problems, and brain

March

15

Community Clean-up

Let's Make Boyle Heights Shine! Join us for a Community Clean-Up and help transform our neighborhood into a cleaner, brighter place for



























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			AT THE HISTORIC GENERAL HOSPITAL		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am – 12:00 pm TWC Zumba In Person	11:00 am – 12:00 pm TWC Zumba In-Person 12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*	10:00 am – 11:00 am Flex and Flow In-Person 10:00 am – 11:00 am Pelvic Health Workshop In-Person 11:00 am – 12:30 pm Social Knitting Group In Person 2:30 pm – 3:30 pm Burn Support Group Zoom	10:30 am – 11:30 am Stretching and Strengthening In-Person 9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191	9:00 am – 10:15 am Yoga In-Person 9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 *Building B 9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	22
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