### **One - Stop Destination for Health & Wellness**



Monday Saturday **Friday Tuesday** Wednesday Thursday

# **ANNOUNCEMENTS**

#### **January**

8 & 15

#### **Pelvic Health Workshop**

Join our Pelvic Health Workshop to learn about feminine hygiene, recognize symptoms of pelvic floor dysfunction, and discover ways to strengthen and support your body.

#### **January**

8 & 22

#### Flex and Flow

Join us for a moderate exercise class that combines your upper and lower body strength with guided band exercises and seated yoga poses.

#### **January**

29

#### **Community Clean-up**

Join us in Boyle Heights for a Community Clean-Up! Let's come together to create a cleaner and brighter environment for all.









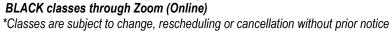












## **One - Stop Destination for Health & Wellness**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18
11:00 am – 12:00 pm TWC Zumba In Person	8:00 am – 9:00 am Morning Movement Zoom  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*	8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 11:00 am Pelvic Health Workshop In-Person  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	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 Flu Guidance/Emergency Response In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	Closed
20	21	22	23	24	25
Closed	8:00 am – 9:00 am Morning Movement Zoom  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*	8:00 am – 9:00 am Morning Movement Zoom  10:00 am – 11:00 am Flex and Flow In-Person  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	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	9:00 am – 10:15 am Yoga In-Person  9:00 am – 10:30 am Walk-up Food Distribution 1200 N State Street Los Angeles, CA 90033 *Historic General Hospital  9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person  11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	Closed
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BLUE Classes in person || RED registration needed
BLACK classes through Zoom (Online)
\*Classes are subject to change, rescheduling or cancellation without prior notice

