

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### 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.

30	31	1	2	3	4
			<p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>The Wellness Center will be Closed.</p>  <p>We hope to see you in 2025!</p> </div>					
6	7	8	9	10	11
<p>11:00 am – 12:00 pm TWC Zumba In Person</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>8:00 am – 9:00 am Morning Movement Zoom</p> <p>10:00 am – 11:00 am Flex and Flow In-Person</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p>10:00 am – 1:00 pm ELAWC HIV Navigation In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p>	<p>8:00 am – 9:00 am Morning Movement Zoom</p> <p>11:30 am – 12:30 pm Dance Therapy In Person</p>	<p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Flu Guidance/Emergency Response In-Person</p> <p>10:30 am – 11:30 pm Coping with Stress In-Person</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</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	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b> 11:00 am – 12:00 pm TWC Zumba In Person	<b>14</b> 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*	<b>15</b> 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	<b>16</b> 8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	<b>17</b> 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	
<b>20</b> 	<b>21</b> 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*	<b>22</b> 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	<b>23</b> 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	<b>24</b> 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	
<b>27</b> 11:00 am – 12:00 pm TWC Zumba In Person	<b>28</b> 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*	<b>29</b> 8:00 am – 9:00 am Morning Movement Zoom  9:00 am – 12:00 pm Community Clean-up 1200 N State St, Los Angeles, CA 90033 In Person  10:00 am – 1:00 pm ELAWC HIV Navigation In-Person  11:00 am – 12:30 pm Social Knitting Group In Person	<b>30</b> 8:00 am – 9:00 am Morning Movement Zoom  11:30 am – 12:30 pm Dance Therapy In Person	<b>31</b> 9:00 am – 10:15 am Yoga In-Person  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	<b>1</b> 



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



Monday – Friday 8:30 a.m. – 5:00 p.m.



1200 N. State St.  
Los Angeles, CA 90033



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www.thewellnesscenterLA.org