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### ANNOUNCEMENTS

**April 4**  
**Health Innovation Community Partnership (HICP) Community Update Meeting**  
 Join us to learn about exciting development projects at the LA General Medical Center.

**April 9**  
**Introduction to Diabetes and Footcare**  
 Join this 6-session class covers the basics of diabetes for individuals with diabetes or prediabetes, caregivers, and anyone interested in learning more.

**April 26**  
**Coffee with Community**  
 Join us to meet our team, explore exciting project details, and discover the FREE resources available to you. Share your thoughts on local needs and priorities, and help build a stronger community together. We can't wait to see you there!

<b>31</b>  11:00 am – 12:00 pm TWC Zumba In Person	<b>1</b>  11:00 am – 12:00 pm TWC Zumba In-Person	<b>2</b>  10:00 am – 11:00 am Flex and Flow In-Person   11:00 am – 12:30 pm Social Knitting Group In Person   2:30 pm – 3:30 pm Burn Support Group Zoom	<b>3</b>  9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191   10:30 am – 11:30 pm Osteoarthritis Management Program Education In-Person	<b>4</b>  8:45 am – 10:45 am Health Innovation Community Partnership Meeting (HICP) Los Angeles General Medical Center 2051 Marengo St, Los Angeles, CA 90033 Call to Register: (213)784-9191 In Person/ Zoom   9:00 am – 10:15 am Yoga In-Person   9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person   10:30 am – 11:30 pm Coping with Stress In-Person	<b>5</b> 
<b>7</b>  11:00 am – 12:00 pm TWC Zumba In Person   12:30 pm – 1:30 pm Brain Exercise In-Person	<b>8</b>  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>9</b>  10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person   11:00 am – 12:30 pm Social Knitting Group In Person   2:30 pm – 3:30 pm Burn Support Group Zoom	<b>10</b>  9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191   11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person	<b>11</b>  9:00 am – 10:15 am Yoga In-Person   9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person	<b>12</b> 

# April 2025

## One - Stop Destination for Health & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14</b></p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p> <p>12:30 pm – 1:30 pm Brain Exercise In-Person</p>	<p><b>15</b></p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i></p>	<p><b>16</b></p> <p>10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person</p> <p>10:00 am – 11:00 am Pelvic Health Workshop In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p> <p>2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p><b>17</b></p> <p>10:30 am – 11:30 am Stretching and Strengthening In-Person</p> <p>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p><b>18</b></p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 10:30 am Walk-up Food Distribution 2010 Zonal Avenue Los Angeles, CA 90033 <i>*Building B</i></p> <p>9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p>	<p><b>19</b></p> <p style="text-align: center;"> Closed</p>
<p><b>21</b></p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p> <p>12:30 pm – 1:30 pm Brain Exercise In-Person</p>	<p><b>22</b></p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i></p>	<p><b>23</b></p> <p>10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person</p> <p>10:00 am – 11:00 am Flex and Flow In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p> <p>2:30 pm – 3:30 pm Burn Support Group Zoom</p>	<p><b>24</b></p> <p>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p><b>25</b></p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 10:30 am Walk-up Food Distribution 1200 N State Street Los Angeles, CA 90033 <i>*Historic General Hospital</i></p> <p>9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p>	<p><b>26</b></p> <p>11:00 am – 1:00 pm Coffee with Community 1200 N State St, Los Angeles, CA 90033 Call to Register (213)784-9191 In Person</p>
<p><b>28</b></p> <p>11:00 am – 12:00 pm TWC Zumba In Person</p> <p>12:30 pm – 1:30 pm Brain Exercise In-Person</p>	<p><b>29</b></p> <p>11:00 am – 12:00 pm TWC Zumba In-Person</p> <p>12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise <i>*Class available in person and via Zoom/Facebook*</i></p>	<p><b>30</b></p> <p>10:00 am – 11:00 am Introduction to Diabetes and Footcare In-Person</p> <p>11:00 am – 12:30 pm Social Knitting Group In Person</p> <p>2:30 pm – 3:30 pm Burn Support Group Zoom</p> <p style="text-align: center;"></p>	<p><b>1</b></p> <p>9:00 am – 2:00 pm Chiropractic Services Call to register for free: (213) 784 -9191</p> <p>11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard In Person</p>	<p><b>2</b></p> <p>9:00 am – 10:15 am Yoga In-Person</p> <p>9:00 am – 12:00 pm Drugs and Alcohol Awareness In-Person</p>	<p><b>3</b></p> <p style="text-align: center;"> Closed</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 – Friday 8:30 a.m. – 5:00 p.m.



1200 N. State St.  
Los Angeles, CA 90033



213-784-9191  
www.thewellnesscenterLA.org