One - Stop Destination for Health & Wellness



Tuesdav Wednesday Thursday aturday

ANNOUNCEMENTS

April

Health Innovation Community Partnership (HICP) Community Update Meeting

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

April

Introduction to Diabetes and Footcare

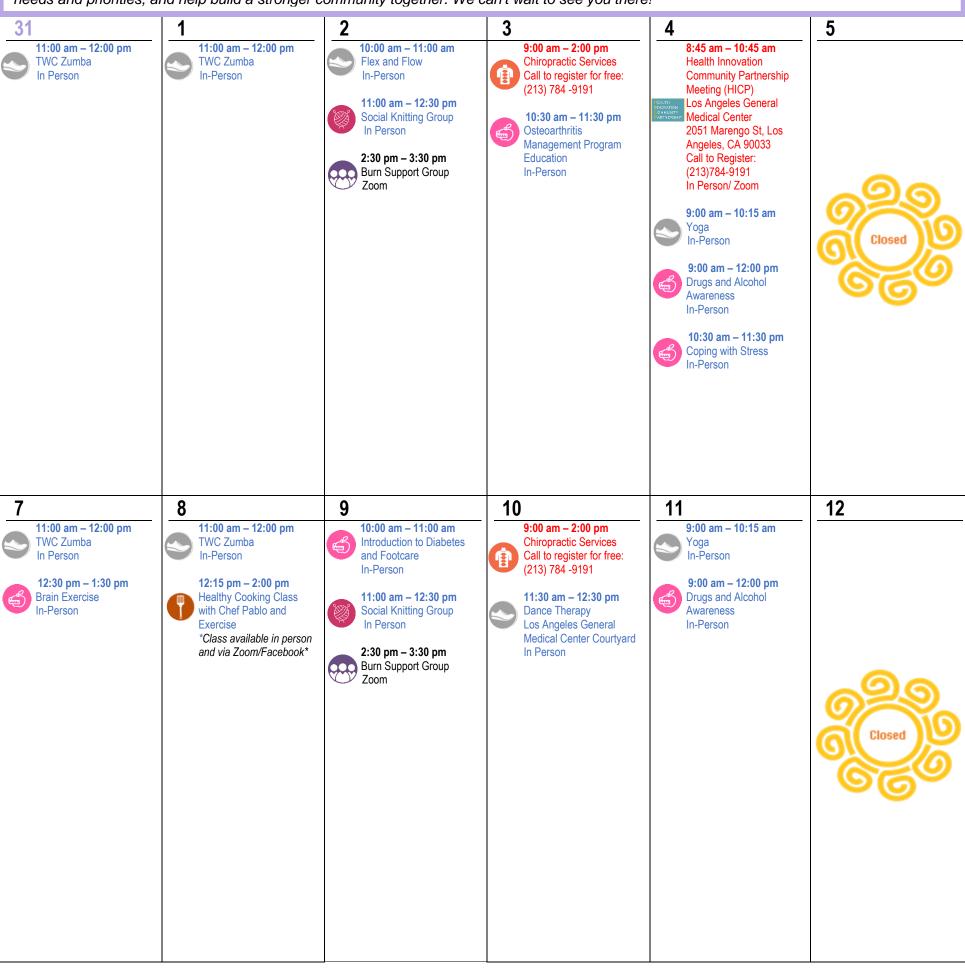
Join this 6-session class covers the basics of diabetes for individuals with diabetes or prediabetes, caregivers, and anyone interested in learning

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!









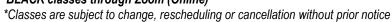




















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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am – 12:00 pm TWC Zumba In Person 12:30 pm – 1:30 pm Brain Exercise In-Person	11:00 am – 12:00 pm TWC Zumba In-Person 12:15 pm – 2:00 pm Healthy Cooking Class with Chef Pablo and Exercise *Class available in person and via Zoom/Facebook*	10:00 am – 11:00 am Introduction to Diabetes and Footcare 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 11:30 am – 12:30 pm Dance Therapy Los Angeles General Medical Center Courtyard 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 Drugs and Alcohol Awareness In-Person	19 Closed
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