



Address 1200 N. State St. LAC+USC Campus Los Angeles 90033	Hours of Operation Monday-Friday: 8:30am-5pm Saturday: LA Care: 9am-12pm Sunday: CLOSED	Information Desk/Navigator Toll Free 1-855-201-4815 (213) 784 – 9191 www.thewellnesscenterla.org
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October 2018 Everyone is welcome! All services provided free of charge. Only YMCA Gym requires membership.

Drop- In Services

Health coverage advocacy and enrollment

L.A. Care Health Plan Family Resource Center

Location: Suite 1069
Hours: Monday- Friday: 8:30 a.m. - 3:00 p.m.
 Saturday 9:00 a.m. – 12:00 p.m.
Services: L.A. Care health plan enrollment & education.

Maternal and Child Health Access

Location: Suite 1035
Hours: Monday– Friday 9:00 a.m.-11:30am and 1:00- 3:30 p.m.
 *subject to change
Services: Advocacy and enrollment assistance with the following:
 My Health LA, Covered CA, Medi-Cal, Emergency
 Medi-Cal, Perinatal case management.
Cal Fresh (Food Stamps Enrollment)
 **Monday - Friday: 8:30 a.m. – 3:15 p.m.

Child Care

Location: Family Room, Suite 1057
Hours: Monday - Thursday: 9:00 p.m. - 6:30 p.m.
 Friday: 9:00 am – 2:00 pm
Services: Child supervision is available up to 2 hours for children ages 2- 12 years. Parents must be receiving services on-site at The Wellness Center.

YMCA GYM

Location: BUILDING #837
Hours: Monday – Friday 8:30 a.m. – 6:30 p.m.
 Saturdays & Sundays CLOSED

Mental health services and crisis intervention

Alma Family Services

Location: Suite 1016
Hours: Monday – Friday 9:00 a.m. – 5:00 p.m.

East Los Angeles Women’s Center

Location: Suite 1041
Hours: Monday, Tuesday, and Thursday 9:00 a.m. – 5:00 p.m.
 Wednesdays 9:00 am - 7:00 pm
 Fridays 9:00 a.m. – 4:30 p.m.

Youth Services

Jovenes, Inc

Location: Suite 1052
Hours: Monday – Friday 12:00 p.m. - 5:00 p.m.
Services: In-house internships for Jovenes’ clients, individualized case management, employment & job readiness counseling, life skills training, leadership development, and mental health services.

Gang Reduction Youth Development (GRYD) Program

Location: Suite 1076
Hours: Monday - Friday 10:00 a.m. - 5:00 p.m.
Services: Youth (10-15) services such as counseling, after school support, mentorship, and leadership.

Legal Aid Services

Neighborhood Legal Services of Los Angeles County

Location: Suite 1014
Hours: Monday – Friday 9:00 p.m. – 5:00 p.m.

Al Otro Lado

Location: Suite 1031
Hours: Monday – Friday 9:00 pm – 5:00 pm, by appointment only.

Senior Support Services

Mexican American Opportunity Foundation

Location: Suite 1065
Hours: Tuesday - Friday 9:00 a.m. – 1:00 p.m.
Services: Senior Hispanic Information assistance program and provides powerful tools & healthy living for caregivers.

ANNOUNCEMENTS

Free Produce Distribution!

Wednesday, October 11th and 24th from 11:30am- 12:30pm
Friday, October 5th and 19th from 12:30pm-1:00pm

Grief Support

Support for adults
 Spanish only
Friday, October 5th and 19th
 10:00 a.m. – 11:30 a.m.
 Conference Room 2

Understanding Your Medicare and Medi-Cal Benefits

English and Spanish
 Tuesday, October 16
 10:00am – 11:00am
 MPR 1036

Healthier Living

For adults with ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, and lung disease). Friends, family members and loved ones of individuals with chronic conditions are also welcome.
 Thursday, October, 4th, 11th, 18th, 25 and Thursday, November, 1st and 8th
 9:30 am – 12:00 pm
 For more information and pre-registration, please contact: Telma at 213-228-3510 or Dalila at 213-784-9259

***** MUST attend October 4th and 11th to remain in program.**

*** ALL Office hours may change without notice.*



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MON	TUES	WED	THURS	FRI	SAT
<p>September 24</p> <p>9:00 am – 10:00 am Fitness Yoga <i>Dance Studio</i></p> <p>10:00 am – 12:00 pm Freedom from Smoking (English) <i>MPR 1028</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Mental health support group (Eng & Spa) <i>MPR 1027</i></p> <p>1:30 pm – 3:00 pm Diabetes Management <i>MPR 1036 (Eng & Spa)</i></p>	<p>September 25</p> <p>8:30 am – 11:00 pm ELAWC “Club del Café (Spanish) <i>MPR 1027</i></p> <p>9:00 am – 10:00 am Beginners Yoga <i>Dance Studio (Eng & Spa)</i></p> <p>10:30 am – 11:30 am Tai Chi <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise <i>Dance Studio</i></p> <p>12:00 pm – 1:15 pm Cooking healthy- “Fats” <i>Demo Kitchen</i></p> <p>1:30 pm – 2:30 pm Yoga <i>Dance Studio</i></p> <p>2:30 pm – 3:30 pm USC-Core Strength <i>Dance Studio</i></p>	<p>September 26</p> <p>9:00 am – 10:00 am Walking group <i>General Hospital Stairs (Eng & Spa)</i></p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) <i>MPR 1036</i></p> <p>10:30 am – 11:30 am Zumba for Seniors <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 <i>Dance Studio</i></p> <p>3:00 pm – 5:00 pm Parenting Class <i>LA Care Suite (English)</i></p>	<p>September 27</p> <p>9:00 am – 10:00 am Beginners Yoga <i>Dance Studio (Eng & Spa)</i></p> <p>10:00 am – 11:30 am Healing from a life loss <i>MPR 1036</i></p> <p>10:30 am – 11:30 am Cardio Dance Exercise <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Yoga <i>Dance Studio</i></p> <p>1:00 pm – 3:30 pm Stress Reduction Fitness Class (Spanish) <i>Dance Studio</i></p>	<p>September 28</p> <p>8:30 am – 4:00 pm Registered Dietitian* <i>Suite 1069</i></p> <p>9:00 am – 10:00 am Walking group <i>General Hospital Stairs (Eng & Spa)</i></p> <p>9:30 am – 12:00 pm Health & Benefits Advocacy Legal Clinic <i>Suite 1014 (Eng & Spa)</i></p> <p>10:00 am – 12:00 pm Healthy Cooking (Spanish) 48 max <i>Demo Kitchen</i></p> <p>11:00 am – 12:00 pm Cardio Dance Exercise (1st) <i>Dance Studio</i></p> <p>12:30 pm – 1:00 pm SOH: Produce distribution <i>Demo Kitchen</i></p> <p>12:30 pm – 1:30 pm Cardio Dance Exercise (2nd) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Gardening class <i>Teaching Garden</i></p>	<p>September 29</p> <p>9:00 am – 12:00 pm CPR & First Aid Class* Pre-registration required <i>Suite 1072 (English)</i></p> <p>9:30 am – 10:30 am Family Yoga <i>Dance Studio</i></p> <p>10:30 am – 11:30 am 12 Step Young People’s Meeting <i>MPR 1036 (English)</i></p>
<p>1</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>9:00 am – 10:00 am Fitness Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Mental health support group <i>MPR 1027 (Eng & Spa)</i></p>	<p>2</p> <p>8:30 am – 11:00 pm ELAWC “Club del Café (Spanish) <i>MPR 1027</i></p> <p>9:00 am – 10:00 am Beginners Yoga <i>Dance Studio (Eng & Spa)</i></p> <p>10:30 am – 11:30 am Tai Chi (Limit 40) <i>Dance Studio</i></p> <p>12:00 pm – 1:15 pm Cooking healthy- “Carbohydrates” (Limit 48) <i>Demo Kitchen</i></p>	<p>3</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) <i>MPR 1036</i></p> <p>10:30 am – 11:30 am Zumba for Seniors <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 (Limit 40) <i>Dance Studio</i></p>	<p>4</p> <p>9:00 am – 10:00 am Beginners Yoga <i>Dance Studio (Eng & Spa)</i></p> <p>9:30 am – 12:00 pm Healthier Living* (English Only) <i>Demo Kitchen</i></p> <p>10:30 am – 11:30 am Cardio Dance Exercise (Limit 40) <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Yoga (Limit 30) <i>Dance Studio</i></p>	<p>5</p> <p>8:30 am – 4:00 pm Registered Dietitian* (Eng & Spa) <i>LA Care Suite</i></p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>9:30 am – 12:00 pm Health & Benefits Advocacy Legal Clinic <i>Suite 1014 (Eng & Spa)</i></p> <p>10:00 am – 12:00 pm Healthy cooking (Limit 48) <i>Demo Kitchen (Spanish)</i></p>	<p>6</p> <p>9:00 am – 12:00 pm CPR & First Aid Class* Pre-registration required <i>Suite 1072 (English)</i></p> <p>9:30 am – 10:30 am Family Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:00 am – 12:00 pm Strategies to live a healthier life (Spanish) <i>Conference Rm 2</i></p> <p>10:30 am – 11:30 am 12 Step Young People’s Meeting <i>MPR 1036 (English)</i></p>

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(E) – English
(S) – Spanish
(E & S) – English and Spanish

Cooking classes in orange boxes.

Physical activity classes in gray boxes.

Gardening classes in green boxes.



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MON	TUES	WED	THURS	FRI	SAT
<p>1</p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Wellness Circle- “How parents and society deal with bullying” <i>MPR 1072 (Eng & Spa)</i></p> <p>1:30 pm – 3:00 pm Diabetes Management <i>MPR 1036 (Eng & Spa)</i></p>	<p>2</p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Yoga (Limit 30) <i>Dance Studio</i></p> <p>2:45pm -3:45pm Music and Movement for Kids <i>Family Room (Eng & Spa)</i></p>	<p>3</p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 (Limit 40) <i>Dance Studio</i></p>	<p>4</p> <p>6:00 pm – 8:30 pm Sickle Cell Support Group <i>MPR 1027</i></p>	<p>5</p> <p>10:00 am – 11:30 am Grief support (Spanish) <i>Conference Rm 2</i></p> <p>11:00 am – 12:00 pm Cardio Dance Exercise (1) (Limit 40) <i>Dance Studio</i></p> <p>12:30 pm – 1:00 pm SOH: Produce distribution <i>Demo Kitchen</i></p> <p>12:30 pm – 1:30 pm Cardio Dance Exercise (2) (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Gardening class <i>Teaching Garden (20 max)</i></p>	
<p>8</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>9:00 am – 10:00 am Fitness Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Mental health support group (Eng & Spa) <i>MPR 1027</i></p> <p>1:30 pm – 3:00 pm Diabetes Management <i>MPR 1036 (Eng & Spa)</i></p>	<p>9</p> <p>8:30 am – 11:00 pm ELAWC “Club del Café (Spanish) <i>MPR 1027</i></p> <p>10:30 am – 11:30 am Tai Chi (Limit 40) <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Yoga (Limit 30) <i>Dance Studio</i></p> <p>2:30 pm – 3:30 pm USC-Core Strength (Limit 40) <i>Dance Studio</i></p> <p>2:45pm -3:45pm Music and Movement for Kids <i>Family Room (Eng & Spa)</i></p>	<p>10</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) <i>MPR 1036</i></p> <p>10:00 am – 11:00 am SOH: Healthy cooking Eng & Spa (Limit 48) <i>Demo Kitchen</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>11:30 am – 12:30 pm SOH: Produce distribution <i>Demo Kitchen</i></p> <p>1:00 pm – 2:00 pm SOH: Healthy cooking Eng & Spa (Limit 48) <i>Demo Kitchen</i></p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 (Limit 40) <i>Dance Studio</i></p>	<p>11</p> <p>9:30 am – 12:00 pm Healthier Living* (English Only) <i>Demo Kitchen</i></p> <p>10:00 am – 11:30 am Coping with life stressors(Eng & Spa) <i>MPR 1036</i></p> <p>10:30 am – 11:30 am Cardio Dance Exercise (Limit 40) <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Yoga (Limit 30) <i>Dance Studio</i></p>	<p>12</p> <p>8:30 am – 4:00 pm Registered Dietitian* (Eng & Spa) <i>LA Care Suite</i></p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>9:30 am – 12:00 pm Health & Benefits Advocacy Legal Clinic <i>Suite 1014 (Eng & Spa)</i></p> <p>10:00 am – 12:00 pm Healthy Cooking (Spanish) (Limit 48) <i>Demo Kitchen</i></p> <p>11:00 am – 12:00 pm Cardio Dance Exercise 1 (Limit 40) <i>Dance Studio</i></p> <p>12:30 pm – 1:30 pm Cardio Dance Exercise 2 (Limit 40) <i>Dance Studio</i></p>	<p>13</p> <p>9:30 am –10:30 am Family Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:45 am –11:45am Family Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:00 am – 12:00 pm Strategies to live a healthier life (Spanish) <i>Conference Rm 2</i></p> <p>10:30 am – 11:30 am 12 Step Young People’s Meeting <i>MPR 1036 (English)</i></p>

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<p>15</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>9:00 am – 10:00 am Fitness Yoga (Limit 30) Dance Studio</p> <p>10:30 am – 12:30 pm Early Learning Readiness Program Family Room</p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 (Limit 40) Dance Studio</p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 (Limit 40) Dance Studio</p> <p>1:00 pm – 2:00 pm Mental health support group (Eng & Spa) MPR 1027</p> <p>1:00 pm – 2:00 pm Wellness Circle- “Prevention of substance use and insight to mental illnesses” MPR 1072 (Eng & Spa)</p> <p>1:30 pm – 3:00 pm Diabetes Management MPR 1036 (Eng & Spa)</p>	<p>16</p> <p>10:00 am – 11:00 am Understanding your Medicare and Medi- Cal benefits MPR 1036</p> <p>10:30 am – 11:30 am Tai Chi (Limit 40) Dance Studio</p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise (Limit 40) Dance Studio</p> <p>12:00 pm – 1:15 pm Cooking healthy- “Fruits and Vegetables” (Limit 48) Demo Kitchen</p> <p>1:30 pm – 2:30 pm Yoga (Limit 30) Dance Studio</p> <p>2:30 pm – 3:30 pm USC-Core Strength (Limit 40) Dance Studio</p> <p>2:45pm -3:45pm Music and Movement for Kids Family Room (Eng & Spa)</p>	<p>17</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) MPR 1036</p> <p>10:30 am – 12:30 pm Early Learning Readiness Program Family Room</p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 (Limit 40) Dance Studio</p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 (Limit 40) Dance Studio</p>	<p>18</p> <p>9:00 am – 10:00 am Beginners Yoga Dance Studio (Eng & Spa)</p> <p>10:30 am – 11:30 am Cardio Dance Exercise (Limit 40) - Dance Studio</p> <p>12:00 pm – 1:00 pm Yoga (Limit 30) - (Limit 40) Dance Studio</p>	<p>19</p> <p>8:30 am – 4:00 pm Registered Dietitian* Suite 1069 (Eng & Spa)</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>9:30 am – 12:00 pm Health & Benefits Advocacy Legal Clinic Suite 1014 (Eng & Spa)</p> <p>10:00 am – 12:00 pm Healthy Cooking (Spanish) (Limit 48) Demo Kitchen</p> <p>11:00 am – 12:00 pm Cardio Dance Exercise (1st) (Limit 40) Dance Studio</p> <p>12:30 pm – 1:00 pm SOH: Produce distribution Demo Kitchen</p> <p>12:30 pm – 1:30 pm Cardio Dance Exercise (2nd) (Limit 40) Dance Studio</p> <p>1:00 pm – 2:00 pm Gardening class Teaching Garden (max 20)</p>	<p>20</p> <p>9:00 am – 12:00 pm CPR & First Aid Class Suite 1072 (Spanish)</p> <p>9:30 am – 10:30 am Family Yoga (Limit 30) Dance Studio</p> <p>10:00 am – 12:00 pm Strategies to live a healthier life (Spanish) Conference Rm 2</p> <p>10:30 am – 11:30 am 12 Step Young People’s Meeting MPR 1036 (English)</p>
<p>22</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>9:00 am – 10:00 am Fitness Yoga (Limit 30) Dance Studio</p> <p>10:00 am – 12:00 pm Look Good, Feel Better (Spanish Only) MPR 1028</p> <p>10:30 am – 12:30 pm Early Learning Readiness Program Family Room</p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 (Limit 40) Dance Studio</p>	<p>23</p> <p>9:00 am – 10:00 am Beginners Yoga Dance Studio (Eng & Spa)</p> <p>10:30 am – 11:30 am Tai Chi (Limit 40) Dance Studio</p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise (Limit 40) Dance Studio</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>12:00 pm – 1:15 pm Cooking healthy- “Sugary Drinks” (Limit 48) Demo Kitchen</p>	<p>24</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) MPR 1036</p> <p>10:30 am – 11:30 am Zumba for Seniors Dance Studio</p> <p>10:00 am – 11:00 am SOH: Healthy cooking Eng & Spa (Limit 48) Demo Kitchen</p>	<p>25</p> <p>9:00 am – 10:00 am Beginners Yoga Dance Studio (Eng & Spa)</p> <p>10:00 am – 11:30 am Anxiety 101 (Eng & Spa) MPR 1036</p> <p>10:30 am – 11:30 am Cardio Dance Exercise (Limit 40) Dance Studio</p> <p>12:00 pm – 1:00 pm Yoga (Limit 30) Dance Studio</p>	<p>26</p> <p>8:30 am – 4:00 pm Registered Dietitian* (Eng & Spa) LA Care Suite</p> <p>9:00 am – 10:00 am Walk with Ease MPR 1027 (Eng & Spa)</p> <p>10:00 am – 12:00 pm Healthy cooking (Limit 48) Demo Kitchen (Spanish)</p> <p>11:00 am – 12:00 pm Cardio Dance Exercise (Limit 40) Dance Studio (1st)</p>	<p>27</p> <p>9:00 am – 12:00 pm CPR & First Aid Class* Pre-registration required Suite 1072 (English)</p> <p>9:30 am – 10:30 am Family Yoga (Limit 30) Dance Studio</p> <p>10:30 am – 12:00 pm Strategies to live a healthier life (Spanish) Conference Rm 2</p> <p>10:30 am – 11:30 am 12 Step Young People’s Meeting MPR 1036 (English)</p>

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MON	TUES	WED	THURS	FRI	SAT
<p>22</p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Mental Health Support group (Eng & Spa) <i>MPR 1027</i></p> <p>1:30 pm – 3:00 pm Diabetes Management <i>MPR 1036 (Eng & Spa)</i></p>	<p>23</p> <p>1:30 pm – 2:30 pm Yoga (Limit 30) <i>Dance Studio</i></p> <p>2:30 pm – 3:30 pm USC-Core Strength (Limit 40) <i>Dance Studio</i></p> <p>2:45pm -3:45pm Music and Movement for Kids <i>Family Room (Eng & Spa)</i></p>	<p>24</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>11:30 am – 12:30 pm SOH: Produce distribution <i>Demo Kitchen</i></p> <p>1:00 pm – 2:00 pm SOH: Healthy cooking Eng & Spa (Limit 48) <i>Demo Kitchen</i></p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 (Limit 40) <i>Dance Studio</i></p>	<p>25</p>	<p>26</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>12:30 pm – 1:30 pm Cardio Dance Exercise (Limit 40) <i>Dance Studio (2nd)</i></p>	<p>27</p>
<p>29</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>9:00 am – 10:00 am Fitness Yoga (Limit 30) <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:00 pm – 1:00 pm Aerobics: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Aerobic: Level 1 (Limit 40) <i>Dance Studio</i></p> <p>1:00 pm – 2:00 pm Mental health support group (Eng & Spa) <i>MPR 1027</i></p> <p>1:00 pm – 2:00 pm Wellness Circle- “Postpartum Depressions” (Eng & Spa). <i>MPR 1072</i></p> <p>1:30 pm – 3:00 pm Diabetes Management <i>MPR 1036 (Eng & Spa)</i></p>	<p>30</p> <p>9:00 am – 10:00 am Beginners Yoga <i>Dance Studio (Eng & Spa)</i></p> <p>10:30 am– 11:30 am Tai Chi (Limit 40) <i>Dance Studio</i></p> <p>12:00 pm – 1:00 pm Cardio Dance Exercise (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Yoga (Limit 30) <i>Dance Studio</i></p> <p>2:45pm -3:45pm Music and Movement for Kids <i>Family Room (Eng & Spa)</i></p>	<p>31</p> <p>9:00 am – 10:00 am Walk with Ease <i>MPR 1027 (Eng & Spa)</i></p> <p>10:00 – 12:00 pm Viviendo sanamente support group (Spanish Only) <i>MPR 1036</i></p> <p>10:30 am – 11:30 am Zumba for Seniors <i>Dance Studio</i></p> <p>10:30 am – 12:30 pm Early Learning Readiness Program <i>Family Room</i></p> <p>12:30 pm – 1:30 pm Dance Fitness: Level 2 (Limit 40) <i>Dance Studio</i></p> <p>1:30 pm – 2:30 pm Dance Fitness: Level 1 (Limit 40) <i>Dance Studio</i></p>	<p>29</p>	<p>30</p>	<p>31</p>

* - Pre-registration required
(E) – English
(S) – Spanish
(E & S) – English and Spanish

Cooking classes in orange boxes.

Physical activity classes in gray boxes.

Gardening classes in green boxes.