

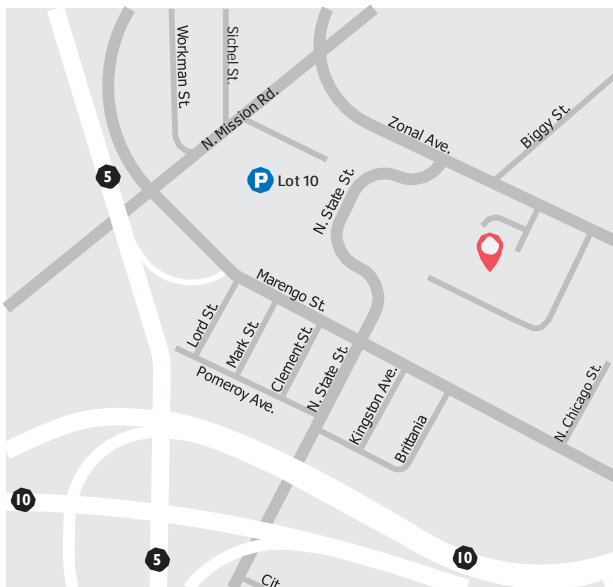
# THE WELLNESS CENTER

AT THE HISTORIC GENERAL HOSPITAL



- Health Insurance Screening & Enrollment:** Medical, MyHealth LA, Covered California, trouble shooting available  
*Cobertura y beneficios de salud: MediCal, Mi Salud LA, Covered California,*
- Legal Services:** immigration, housing, health benefits  
*Servicios legales: inmigración, alojamiento, beneficios de salud*
- Counseling & Mental Health:** adults & children, stress, anxiety, depression, domestic violence  
*Consejería y salud mental: para adultos y niños, el estrés, la ansiedad, la depresión, violencia doméstica*
- Pain Management:** acupuncture and yoga therapy  
*Manejo de Dolor: acupuntura y terapia de yoga*

- Food and Nutrition:** CalFresh enrollment, cooking classes, Registered Dietitian, **FREE** produce distribution  
*Comida y Nutrición: CalFresh (Estampillas de comida), clase de cocina saludable, nutricionista, distribución de frutas y vegetales GRATIS*
- Fitness & Mobility:** FREE fitness classes and low-cost YMCA gym membership  
*Actividad Física y Movilidad: clases de actividad física GRATIS y membresía al gimnasio YMCA de bajo costo*
- Housing and Transportation:** housing support services and transportation assistance  
*Hogar y transportación: Servicios de apoyo a la vivienda y asistencia para el transporte*



1200 North State Street  
Los Angeles, California 90033  
Information/Appointments 1 (855) 201-4815  
Call to speak to a Wellness Navigator  
(English/Spanish) M–F 8:30–5pm  
Free Parking & Shuttle from Lot 10  
See our calendar online: [thewellnesscenterla.org](http://thewellnesscenterla.org)  
Public transportation to The Wellness Center  
Metro: Lines 71, 79, 251, 605, 620, 751  
DASH: Boyle Heights, Chinatown, Lincoln Heights

## **List of Partner Organizations at The Wellness Center**

Al Otro Lado

Alma Family Services

Building Healthy Communities Boyle Heights

East Los Angeles Women's Center

Weingart East Los Angeles YMCA

Jovenes, Inc.

L.A. Care Health Plan Family Resource Center

Los Angeles County Department of Health Services

Los Angeles County Department of Mental Health

Los Angeles County Department of Public Health

Mexican American Opportunity Foundation

Neighborhood Legal Services of Los Angeles County