MAY 2021

The Wellness Center
AT THE HISTORIC GENERAL HOSPITAL

INFORMATION

If you're interested in any of the services listed below, give us a call at (213)784-9191
Monday - Friday 8:30am - 5:00pm
Follow @TheWellnessCenter on Instagram for more information!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 **8:00 AM - 5:00 PM** LAC+USC COVID-19 Vaccine Clinic	2 TWC CLOSED
3 **6:30- 7:30 AM** Walking Group **8:00- 9:00 AM** YMCA Diaper Distribution	4 **8:00- 8:50 AM** Chair Yoga **11:00 AM - 12:00 PM** Caracol **2:00- 3:00 PM** Trauma & Loss	5 **6:30- 7:30 AM** Walking Group **8:00- 8:50 AM** Chair Yoga **3:00- 4:00 PM** Financial Empowerment Class **4:00- 5:00 PM** Men's Group	6 **8:00- 8:50 AM** Chair Yoga **6:00- 7:00 PM** Diabetes Prevention Program	7 **9:00 - 10:00 AM** Cafe y Pan **11:00 AM- 12:00 PM** Music & Movement **1:00- 2:30 PM** Knitting Group **2:00- 3:00 PM** Xinachtli	8 TWC CLOSED	9 TWC CLOSED
10 **6:30- 7:30 AM** Walking Group **8:00- 9:00 AM** YMCA Diaper Distribution Happy Mother's Day	11 **8:00- 8:50 AM** Chair Yoga **10:00- 1:00 PM** Healthier Living **2:00- 3:00 PM** Trauma & Loss	12 **6:30- 7:30 AM** Walking Group **8:00- 8:50 AM** Chair Yoga **3:00- 4:00 PM** Financial Empowerment Class **4:00- 5:00 PM** Men's Group	13 **8:00- 8:50 AM** Chair Yoga **6:00- 7:00 PM** Diabetes Prevention Program	14 **9:00 - 10:00 AM** Cafe y Pan **1:00- 2:30 PM** Knitting Group	15 TWC CLOSED	16 TWC CLOSED
17 **6:30- 7:30 AM** Walking Group **8:00- 9:00 AM** YMCA Diaper Distribution	18 **8:00- 8:50 AM** Chair Yoga **10:00- 1:00 PM** Healthier Living **2:00- 3:00 PM** Trauma & Loss	19 **8:00- 8:50 AM** Chair Yoga **8:00AM- 12:00 PM** CARES MOBILE FOOD PANTRY **3:00- 4:00 PM** Financial Empowerment Class **4:00- 5:00 PM** Men's Group	20 **8:00- 8:50 AM** Chair Yoga **6:00- 7:00 PM** Diabetes Prevention Program	21 **9:00 - 10:00 AM** Cafe y Pan **1:00- 2:30 PM** Knitting Group	22 **8:00 AM - 5:00 PM** LAC+USC COVID-19 Vaccine Clinic	23 TWC CLOSED
24 **6:30- 7:30 AM** Walking Group **8:00- 9:00 AM** YMCA Diaper Distribution	25 **8:00- 8:50 AM** Chair Yoga **10:00- 1:00 PM** Healthier Living **2:00- 3:00 PM** Trauma & Loss	26 **8:00- 8:50 AM** Chair Yoga **8:00AM- 12:00 PM** CARES MOBILE FOOD PANTRY **3:00- 4:00 PM** Financial Empowerment Class **4:00- 5:00 PM** Men's Group	27 **8:00- 8:50 AM** Chair Yoga **6:00- 7:00 PM** Diabetes Prevention Program	28 **9:00 - 10:00 AM** Cafe y Pan **1:00- 2:30 PM** Knitting Group	29 TWC CLOSED	30 TWC CLOSED
31 TWC CLOSED IN OBSERVATION OF MEMORIAL DAY						