

Schedule of Classes.

Registration is required. Class sizes are limited.

Below is a list of workshops that are offered across our five counties. Please keep in mind that these are workshops, and participants should be able to attend all or as many sessions as possible in order to receive the benefits of the classes. New participants may join that the beginning of the workshops (during the first or second sessions of each workshop series); otherwise, interested participants will need to wait until another workshop is offered. To register for a workshop listed below, please email Jamie Baker.

**Active Living Every Day**

8/5/2016	10/21/2016	Fridays	10:00am - 11:00am	Brandon Senior Center	612 N. Parsons Avenue Brandon, FL. 33510
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**Un Asunto de Equilibrio (Spanish Matter of Balance)**

8/12/2016	10/7/2016	Fridays	10:00am -12:00pm	Lutz Senior Center	112 NW 1st Ave. Lutz, Fl. 33549
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**Chronic Disease Self-Management Program**

8/27/2016	10/8/2016	Saturday	2:00pm – 4:30pm	East Tampa Community, Senior Connection Center	8928 Brittany Way Tampa, Florida 33619
9/13/2016	10/25/2016	Tuesdays, No Class on 9/27	1:00pm – 3:30pm	Winter Haven Adult Senior Center	250 South Lake Silver Dr. NW. Winter Haven, FL. 33881
9/20/2016	10/25/2016	Tuesdays	9:30am – 11:30am	Palms of Sebring	725 S. Pine Street, Sebring, 33870

11/1/2016	12/6/2016	Tuesdays	9:00am - 11:30am	Wimauma Senior Center	5714 North Street, Wimauma, FL. 33598
11/1/2016	12/6/2016	Tuesdays	10:00am – 12:30pm	Epiphany Arms Apartments	2508 E. Hanna Avenue, Tampa, Fl., 33610
11/1/2016	12/13/2016	Tuesdays	2:00pm - 4:30pm	Renaissance at Washington Ridge	150 W. 14th St., Lakeland, FL 33805
11/2/2016	12/7/2016	Wednesday	11:30am – 2:00pm	Ragan Park	1200 E. Lake Avenue
11/2/2016	12/7/2016	Wednesday	10:00am – 12:30pm	Fair Oaks Park	5019 N 34 <sup>th</sup> St. Tampa, Fl. 33610

#### **A Matter of Balance Classes**

9/7/2016	10/26/2016	Wednesdays	12:00pm - 2:00pm	Regan Park Community Center	5300 E 15th Ave Tampa, FL 33619
9/12/2016	10/31/2016	Tuesdays	9:15am – 11:15am	San Clemente Nutrition Site	1102 North Alexander St. Plant City, Fl. 33563
9/21/2016	11/9/2016	Wednesdays	1:00pm – 3:00pm	Central Florida Speech & Hearing Center	3020 Lakeland Highlands Road Lakeland, Fl. 33803
9/22/2016	11/10/2016	Thursday	10:00am – 12:00pm	Brandon Senior Center	612 N. Parsons Avenue Brandon, FL. 33510
9/28/2016	11/16/2016	Wednesday	10:00am – 12:00pm	Memorial Hospital Wellness Pavilion	2819 W. DeLeon Street Tampa, Fl. 33609

9/30/2016	11/18/2016	Fridays	10:00am – 12:00pm	Memorial Hospital Wellness Pavilion	2819 W. DeLeon Street Tampa, FL 33609
10/3/2016	11/21/2016	Mondays	12:30pm - 2:30pm	Barksdale Senior Center	1801 N Lincoln Ave, Tampa, FL 33606
10/3/2016	11/21/2016	Mondays	2:00pm - 4:00pm	CATT-Rath Senior ConNEXTions and Education Center	1021 Lakeland Hills Blvd., Lakeland, FL 33805
10/20/2016	12/15/2016	Thursday	10:00am – 12:00pm	H2U Cortez	6670 Cortez Road West Bradenton, FL 34210

**Tai Ji Quan: Moving for Better Balance**

6/2/2016	11/22/2016	Tuesdays & Thursdays	10:00am - 11:00am	Lake Wales YMCA	1001 Burns Ave., Lake Wales, FL 33853
7/6/2016	10/31/2016	Mondays, Wednesdays, Fridays	Mondays/Wed, 12:30 -1:30 Friday 9:30 - 10:30	Lakeland Activity Center	1510 Commercial Park Dr., Lakeland, FL 33801