

Health & Wellness Schedule of Classes

Un Asunto de Equilibrio (Spanish Matter of Balance – 8 Sessions)

There are no classes scheduled at this time.

Chronic Disease Self-Management Program (Living Healthy – 6 sessions)

Wednesdays, April 5 – May 10

2:00 pm – 4:30pm

Florida Presbyterian Homes, 811 Lakeside Avenue (McArthur Bldg) Lakeland, FL. 33815

Please call 863-688-5521 to register.

Thursdays, April 6 through May 11

1:00 pm – 3:30 pm

Lakeland Activity Center, 1510 Commercial Park Dr., Lakeland, FL. 33801

Please call 863-687-2988 to register.

Tuesdays, May 9 through June 13

10:00am – 12:30pm

Memorial Hospital Wellness Pavilion, 2829 W. DeLeon St., Tampa, FL. 33609

Please call 813-342-1483 to register.

Wednesdays, May 10 through June 14

11:30am – 2:00pm

Calvary Community Clinic, 3401 E. Louisiana Ave., Tampa, FL. 33610

Please call 813-238-6000 to register.

Mondays, June 5 through July 10

12:30pm – 3:00pm

Barksdale Senior Center, 1801 N. Lincoln Ave., Tampa, FL. 33606

Please call 813-348-1180 to register.

Thursdays, September 14 through October 19

10:00am – 12:30pm

YMCA – Lakeland, 2125 Sleepy Hill Rd., Lakeland, FL. 33810

Please call 863-859-7769 to register.

Diabetes Self-Management Program (6 sessions)

Mondays, September 18 through October 23

1:00 pm – 3:00 pm

CATT-Rath Center, 1021 Lakeland Hills Blvd., Lakeland, FL. 33805

Please call 863-937-8023 to register.

A Matter of Balance (8 sessions)

Thursdays, April 6 through May 25

10:30am – 12:30pm

YMCA – Lakeland, 2125 Sleepy Hill Rd., Lakeland, FL 33810

Please call 863-859-7769 to register.

Thursdays, April 6 through May 25

10:00 am – 12:00 pm

Valencia Lakes, 16003 Valencia Club Dr., Wimauma, FL. 33598

Please call 813-634-6800 X300 to register.

Tuesdays, April 11 through May 30

10:00 am – 12:00 pm

The Meeting House At Bartow – Catholic Charities Mobile Site,
1400 Old Bartow Eagle Lake Rd., Bartow, FL. 33830

Please call 863-687-2988 to register.

Tuesdays, April 25 through June 13

1:00pm – 3:00pm

Manatee Memorial Hospital, 206 2nd St. E., Bradenton, FL. 34208

Please call 941-745-7559 to register.

Mondays, May 1 through June 26 (Closed on Memorial Day)

10:00am – 12:00pm

Bloomington Adult Day Service Center

Please call 813-330-7934

Wednesdays, May 24 through July 12

2:30 pm – 4:30 pm

Enrichment Center at Renaissance on 9th, 1816 9th Street West, Bradenton, FL. 34205

Please call 941-749-0100 to register.

Fridays, Sept 22 through Nov 10

1:00pm – 3:00pm

CATT-Rath Center, 1021 Lakeland Hills Blvd., Lakeland, FL. 33805

Please call 863-937-8023 to register.

Tomando Control de su Salud (Spanish Living Healthy – 6 sessions)

Wednesdays, April 5 through May 10

10:30 am – 1:30 pm (includes 30 min. lunch break)

Brandon Senior Center, 612 N. Parsons Avenue

Please call 813-635-8066 to register.

Fridays, June 2 through July 7

10:00 am – 12:30 pm

Lutz Senior Center, 112 NW 1st Ave., Lutz, FL. 33549

Please call 813-554-5160 to register

Tai Chi for Arthritis for Fall Prevention

Tuesdays & Thursdays, April 4 through May 11

10:00 am – 11:00 am

Lake Wales, YMCA, 1001 Burns Ave., Lake Wales, FL. 33853

Please call 863-676-9441 to register.

Wednesday & Fridays, May 17 through July 7

10:00 am – 11:00 am

IMA Wellness Center – North Lakeland, 4120 US HWY 98 N Suite 400, Lakeland, FL. 33809

Please call 863-940-3147 to register.

Tuesday & Thursdays, May 9 through June 29

1:30pm – 2:15pm (Tuesdays @ Lakeside Lounge 3, Thursdays @ McArthur Bldg)

Florida Presbyterian Homes, 811 Lakeside Avenue (McArthur Bldg) Lakeland, FL. 33815

Please call 863-688-5521 to register.

Tuesday & Fridays, May 9 through June 30

Tuesdays 9:15am – 10:00am @ McArthur Center & Fridays 1:30pm – 2:15pm @ Lakeside Lounge 3

Florida Presbyterian Homes, 811 Lakeside Avenue (McArthur Bldg) Lakeland, FL. 33815

Please call 863-688-5521 to register.