

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)

Thursdays, September 14 through October 19

11:30am – 2:00pm

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

Please call 863-803-4043 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)

Fridays, August 4 – September 22, 2017

12:00am – 2:00pm

Polk City Activity Center, 203 Lakeshore Drive, Polk City, FL. 33868

Please call 407-361-4452 to register

Wednesdays & Fridays, Sept 6 – Sept 29, 2017

9:00am – 11:00am

The Bridges Assisted Living, 11202 Dewhurst Dr. Riverview, FL. 33578

Please call 813-413-8900 to register

Tuesdays, September 5 – October 24, 2017

10:00am – 12:00pm

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

Please call 813-342-1313 to register

Thursdays, September 7, 14, 28, Oct. 19, 26, Nov. 2, 9, 16, 2017

1:00pm – 3:00pm

Bryan Glaze Jewish Community Center, 522North Howard Ave., Tampa, Fl. 33606

Please call 813- 575-5900 to register

Wednesdays, September 6 – November 1, 2017 (Skip Oct. 4)

10:00am – 12:00pm

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

Please call 813-634-6800 Ext 300

Mondays & Thursdays, September 11 through October 5, 2017

1:00pm – 3:00pm

First Presbyterian Church, 175 Lake Hollingsworth Drive, Lakeland, FL. 33801

Please call 863- 686-7187, ext. 242 to register

Fridays, September 22 through November 10

1:00pm – 3:00pm

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

Please call 863-937-8023 to register.

Fridays, September 29 through November 17

12:00am – 2:00pm

Polk City Activity Center, 203 Lakeshore Drive, Polk City, FL. 33868

Please call 407-361-4452 to register

Tuesdays & Thursdays November 2 through November 30, 2017

10:00am – 12:00pm

H2U Cortez, 6670 Cortez Road West, Bradenton, FL. 34210

Please call 941-792-0211 to register

Tai Chi for Arthritis for Fall Prevention

Tuesdays & Thursdays, August 1 through September 21

10:00 am – 11:00 am – Tuesdays & 1:30pm – 2:30pm Thursdays

IMA Wellness Center – South Lakeland, 4729 US HWY 98 N Suite 102, Lakeland, FL. 33812

Please call 863-646-2237 to register.

Wednesdays & Fridays, August 2 through September 22

12:30 pm – 1:30 pm

Oaks @ Riverview, 101 E. Kirby Street, Tampa, Fl. 33604

Please call 813-272-6829