

## **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.**

#### **Fridays, September 15 through October 20**

12:30pm – 3:00pm

Ella at Encore, 1201 Ray Charles Blvd., Tampa, Fl. 33602

**Please call 813-227-9570 to register.**

### **Diabetes Self-Management Program (6 sessions)**

There are no classes scheduled at this time.

### **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**

#### **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**

#### **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**

#### **Thursdays, September 14, 28, Oct. 19, 26, Nov. 2, 9, 16, 30, 2017**

1:00pm – 3:00pm

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

**Please call 813- 575-5900 to register**

**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**

**Wednesdays, September 13 through November 1**

10:0am – 12:00pm

Fair Oaks Community Center, 5019 N. 34<sup>th</sup> St., Tampa, Fl. 3361

**Please call 813-231-5277 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**

**Mondays, October 2 through November 20**

1:00pm – 3:00pm

Whispering Pines, 101 Sunshine Drive, Frostproof, FL. 33843

**Please call 863-635-5200 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**

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

**There are no classes scheduled at this time.**

**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**