

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, January 10 through February 14

1:00pm – 3:30pm

Ella at Encore, 1210 Ray Charles Blvd., Tampa, FL. 33602

Please call 813-227-9570 to register

Wednesdays, January 22 through February 26

11:00am – 1:30pm

Ragan Park Community Center, 1200 E. Lake Ave., Tampa, FL. 33605

Please call 813-242-5316 to register

Wednesdays, February 16 through March 23

9:00am – 11:30am

CREATION Health Wellness Center, 4005 Sun N. Lake Boulevard, Sebring, FL. 33872

Please call 863-386-6421 to register

Tuesdays, March 6 through April 10

1:00pm – 3:30pm

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

Please call 813-413-8900 to register

Mondays, March 12 through April 16

12:30pm – 3:00pm

Barksdale Senior Center/Food is Medicine, 1801 N. Lincoln Ave., Tampa, FL. 33606

Please call 813-272-6829 to register

Thursdays, March 15 through April 26

10:00am – 12:30pm

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

Please call 863-859-7769 to register.

Wednesdays, April 4 through May 9

12:30pm – 3:00pm

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

Please call 863-577-6022 to register

Diabetes Self-Management Program (8 sessions)

Thursdays, December 7 through January 25

10:00am – 12:30pm

Senior Connection Center, 8928 Brittany Way, Tampa, FL. 33619

Please call 813-676-5566 to register.

A Matter of Balance (8 sessions)

Wednesdays, January 10 through February 28

1:00pm – 3:00pm

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

Please call 941-745-7559 to register

Tuesdays & Thursdays, January 11 through February 6

1:00pm – 3:00pm

IMA South Lakeland, 4729 US HWY 98 S. Suite 102, Lakeland, FL. 33812

Please call 862-940-3147 to register

Thursdays, January 11 through March 1

10:30am – 12:30pm

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

Please call 863-859-7769 to register

Thursdays, January 18 through March 8

10:00am – 12:00pm

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

Please call 941-792-0211 to register

Fridays, January 19 through March 9

10:00am – 12:00pm

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

Please call 813-634-6800 ext. 300 to register

Thursdays, January 22 through March 12

11:00am – 1:00pm

Bartow Public Library, 2150 S Broadway Ave. Bartow, FL. 33830

Please call 863-534-0131 to register

Mondays & Wednesday, February 5 through February 28

9:00am – 11:00am

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

Please call 813-413-8900 to register

Tuesdays, February 6 through March 27

10:00am – 12:00pm

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

Please call 813-342-1483 to register

Wednesdays, February 7 through March 28

11:00am – 1:00pm

CREATION Health Wellness Center, 4005 Sun N. Lake Boulevard, Sebring, FL. 33872

Please call 863-386-6421 to register

Tuesdays, February 13 through April 3

1:00pm – 3:00pm

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

Please call 863-686-7187, ext. 242 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

Wednesdays & Fridays, January 10 through March 2

12:30am – 1:30pm

Gardenville Senior Center

Please call 813-671-7601 to register

Tuesdays & Fridays, January 16 through March 9

11:00am – 12:00pm

Senior Connection Center

Please call 813-676-5566 to register

Tuesdays & Thursdays, January 16 through March 8

11:30am – 12:30pm

YMCA-Fontaine Gills Family, 2125 Sleepy Hill Rd., Lakeland, FL. 33810

Please call 863-859-7769 to register

Wednesdays & Fridays, January 17 through March 9

11:00am – 12:00pm

IMA Wellness Center – North Lakeland

Please call 863-940-3147 to register

Mondays & Thursdays, January 22 through March 15

9:30am – 10:30am

Bartow Public Library, 2150 S Broadway Ave., Bartow, FL. 33830

Please call 863-534-0131 to register