

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)

Tuesdays, Jun 12 through July 17

1:00pm – 3:30pm

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

Please call 863-646-2237 to register

Diabetes Self-Management Program (8 sessions)

There are no classes scheduled at this time.

A Matter of Balance (8 sessions)

Wednesdays & Fridays June 13 through July 13

12:30pm – 2:30pm

Gardenville Senior Center, 6215 Symmes Rd., Gibsonton, FL. 33534

Please call 813-671-7601 to register

Fridays, June 8 through July 27

10:00am – 12:00pm

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

Please call 813-264-3804 to register

Fridays, June 15 through Aug 3

10:00am – 12:00pm

Cypress Lakes – Lakeland, 10000 US Highway 98 N. Lakeland, FL. 33809

Please call to register

Wednesdays, July 11 through Aug 29

1:00pm – 3:00pm

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

Please call 941-745-7559 to register

Thursdays, July 19 through Sept 6

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)

Fridays, May 11 through Jun 22

12:00pm – 2:30pm

Jewish Towers, 3001 W. De Leon St. Tampa, FL. 33609

Please call 813-554-5018 to register

Fridays, June 1 through Jul 6

10:00am – 12:30pm

Oaks at Riverview Senior Center, 101 E. Kirby St., Tampa, FL. 33614

Please call 787-922-4452 to register

Mondays, June 11 through July 16

10:00am – 12:30pm

IMA Wellness Center – West Tampa, 4700 N. Habana Ave., Tampa, FL 33614

Please call 787-922-4452 to register

Tuesdays, June 12 through Jul 17

10:00am – 12:30pm

Accord Medical Group, 5112 N Habana Ave., Tampa, FL. 33614

Please call 813-374-2406 to register

Tai Chi for Arthritis for Fall Prevention

Mondays & Wednesdays, May 7 through June 27

11:00am – 12:00pm

Manhattan Place, 4033 S. Manhattan Ave., Tampa, FL. 33611

Please call 813-831-7115 to register

Mondays & Wednesdays, May 7 through June 27

12:30pm – 1:30pm

Presbyterian Villas, 4011 S. Manhattan Ave., Tampa, FL. 33611

Please call 813-831-7115 to register

Tuesdays & Thursdays, May 8 through Jun 28

11:00am – 12:00pm

Wilfred Smith Resource Center, 135 Ave Y NE, Winter Haven, FL. 33881

Please call 863-298-7898 to register

Wednesdays & Fridays, Sept 5 through Oct 26

10:00am – 11:00am

Trinity Medical Group, 550 Pope Ave. NW Winter Haven, FL. 33881

Please call 863-299-2636 to register