

HEALTH & WELLNESS CURRENT CLASS SCHEDULE 2023

Active Living Every Day

-none scheduled at the moment-

A Matter of Balance

Mondays & Thursdays, May 8 - Jun 5, 2023
1:00pm - 3:00pm
St. Clement's Episcopal Church
706 W. 113th Ave., Tampa, FL 33612
Please register at 813-932-6204

Tuesdays & Fridays, Jul 11 - Aug 4, 2023
1:00pm - 3:00pm
St. Clement's Episcopal Church
706 W. 113th Ave., Tampa, FL 33612
Please register at 813-932-6204

ASEQ - Matter of Balance - Spanish

-none scheduled at the moment-

BINGOcize

Tuesdays & Thursdays, Aug 29 - Nov 2, 2023
11:00am - 12:00pm
Lee Davis Community Resource Center
3402 N. 22nd St., Tampa, FL 33605
Please register at 813-307-4564

Chronic Disease Self-Management Program

-none scheduled at the moment-

Diabetes Empowerment Education Program

-none scheduled at the moment-

Diabetes Self-Management Program

-none scheduled at the moment-

Enhanced Wellness

-none scheduled at the moment-

Healthy Eating Every Day

-none scheduled at the moment-

Powerful Tools for Caregivers

-none scheduled at the moment-

SAVVY CAREGIVER

-none scheduled at the moment-

Tai Chi for Arthritis for Fall Prevention

Mondays & Fridays, Apr 3 - May 26, 2023
10:00am - 11:00am
AdventHealth Wellness Center,
4005 Sun 'N Lake Blvd., Sebring, FL 33872
Please register at 863-386-6468

Mondays & Wednesdays, Apr 3 - May 24, 2023
10:30am - 11:30am
AdventHealth Wellness Center
140 Health Way Lake Placid, FL 33852
Please register at 863-386-6468

Tuesdays & Thursdays, Apr 6 - Jun 1, 2023
10:00am - 11:00am
HCA Florida South Tampa Hospital Wellness Pavilion
2829 W. De Leon St. Tampa, FL 33609
Please register at 813-342-1483

Tuesdays & Thursdays, May 9 - Jun 29, 2023
11:00am - 12:00pm
Lee Davis Community Resource Center
3402 N. 22nd St., Tampa, FL 33605
Please register at 813-307-4564

Tuesdays & Thursdays, Sept 5 - Oct 26, 2023
12:30pm - 1:30pm
St. Clement's Episcopal Church
706 W. 113th Ave., Tampa, FL 33612
Please register at 813-932-6204

Tomando Control de su Salud

Spanish Living Healthy

-none scheduled at the moment-