

Health & Wellness Current Workshop Schedule 2024

Tai Chi for Arthritis for Fall Prevention

Oaks at Riverview Senior Center

May 7 - June 24, 2024

Tuesdays & Thursdays

10:00am - 11:00am

101 E Kirby St., Tampa, FL 33604

Please register at 813-272-6829

Progress Village Senior Center

August 5 - September 30, 2024

Mondays & Wednesdays

11:00am - 12:00pm

8701 Progress Blvd. Tampa, 33619

Please register at 813-331-0496

Matter of Balance

Brandon Senior Center

June 10 - July 8,, 2024

Mondays & Wednesdays

No Classes June 19th

10:00am - 12:00pm

612 N Parson Ave Brandon, FL 33510

Please register at 813-635-8066

Active Living Every Day

Ruskin Senior Center

May 2 - July 25, 2024

Thursdays

No Classes July 4th

12:30pm - 1:30pm

905 6th St SE Tampa, FL 33570

Please register at 813-672-1107