

Health & Wellness Current Workshop Schedule 2024

Tai Chi for Arthritis for Fall Prevention

AdventHealth Wellness Center - Wauchula

January 15 - March 7, 2025

Wednesdays & Fridays

9:00am - 10:00am

610 W Orange St Wauchula, FL 33873

Please register at 863-386-6468

Sweet Water Grand The Bridges

September 10 - October 31, 2024

Tuesdays & Thursdays

1:30pm - 2:30pm

5921 Stockport St Riverview, FL 33578

Please register at 813-413-8900

Active Living Every Day

AdventHealth Well 65+

January 14 - April 1, 2025

Tuesdays

10:00am - 11:00am

12400 N Dale Mabry Hwy Tampa, FL 33618

Please register at 813-540-4368

