

Health & Wellness Current Workshop Schedule 2025

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

Our Lady of Grace Catholic Church

Jan 14 - Mar 6, 2025

Tuesdays & Thursdays

11:00am - 12:00pm

595 E Main St. Avon Park, FL 33825

Sarah McDonald Building

Please register at 813-676-5036

Wimauma Senior Center

Jan 13 - Mar 10, 2025

Mondays & Wednesdays

1:00pm - 2:00pm

16621 Lagoon Shore Blvd. Wimauma, FL 33598

Please register at 813-813-285-8863

A Matter of Balance

First Presbyterian Church of Lakeland

Jan 6 - Jan 29, 2025

Mondays & Wednesdays

10:00am - 12:00pm

12400 N Dale Mabry Hwy Tampa, FL 33618

Please register at 813-540-4368

BINGOcize

Ruskin Senior Center

Jan 13 - Mar 24, 2025

Mondays & Thursdays

10:00am - 11:00am

905 6th St SE Ruskin, FL 33570

Please register at 813-540-4368