

Health & Wellness Current Workshop Schedule 2026

Scheduling for 2026

Contact us to host this workshop!

Irmarie 813-676-5435 or Patricia 813-676-5609

ACTIVE LIVING EVERY DAY (ALED)

****Open to schedule****

A MATTER OF BALANCE

Bartow Public Library

Feb 23 - Apr 13, 2026

Mondays

9:30am - 11:30am

2150 S Broadway Ave.

Bartow, FL 33830

Please register at 863-534-0131

BINGOCIZE

Avon Park Community & Cultural Center

Jan 12 - Mar 23, 2026

Mondays & Wednesdays

10:00am - 11:00am

310 W. Main St.

Avon Park, FL 33825

Register with Beatriz Ramirez at 813-676-5036

Lutz Senior Center

Jan 13 - Mar 19, 2026

Tuesdays & Thursdays

10:00am - 11:00am

112 1st Ave. NW

Lutz, FL 33549

Please register at 813-264-3804

Cano Health, Health & Wellness Center

South Tampa Location

Jun 1 - Aug 5, 2026

Mondays & Wednesdays

11:00am-12:00pm & 10:00am-11:00am

4543 S Manhattan Ave., Tampa, FL 33611

Please register with Niurka at 813-837-2461

This workshop will be facilitated in Spanish

HEALTHY EATING EVERY DAY (HEED)

****Open to schedule****

Tai Chi for Fall Prevention

Progress Village Senior Center

Mar 16 - May 6, 2026

Mondays & Wednesdays

*11:00am 12:00pm

***Monday sessions beginning**

March 16 will be held

10am to 11am.

8701 Progress Blvd.

Tampa, FL 33619

Please register with Terence at 813-671-7773

Plant City Senior Dining Center

Mar 16 - May 6, 2026

Tuesdays & Fridays

12:15pm - 1:15pm

307 North Michigan Ave. Suite 106

Plant City, FL 33563

Please register with Christine at 813-321-0381

AdventHealth Wellness Center Wauchula

Mar 17 - May 7, 2026

Tuesdays & Thursdays

2:00pm - 3:00pm

610 W Orange St, Wauchula, FL 33873

Please register with Bobbie at 863-386-6468

**Wimauma Community Health Center - Hillsborough
County's Healthy Living Program**

Apr 7 - May 29, 2026

Tuesdays & Fridays

11:00am - 12:00pm

16621 Lagoon Shore Blvd.

Wimauma, FL 33598

Please register with Tierney Thompson at 813-272-5165

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

****Open to schedule****