

# 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**

***\*\*Open to schedule\*\****

## **BINGOCIZE**

### **AdventHealth Wellness Center - Wauchula**

Jun 2 - Aug 6, 2026

*Tuesdays & Thursdays*

11:00am - 12:00pm

610 W Orange St, Wauchula, FL 33873

Register with Bobbie E. Clark at 863-386-6468

## **DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)**

***\*\*Open to schedule\*\****

## **HEALTHY EATING EVERY DAY (HEED)**

***\*\*Open to schedule\*\****

## **TAI CHI FOR FALL PREVENTION**

### **Wimauma Senior Center**

July 28 - Sep 17, 2026

*Tuesdays & Thursdays*

10:30am - 11:30am

16621 Lagoon Shore Blvd, Wimauma, FL 33598

Please register with Solimar Garcia at 813-285-8863