

Health & Wellness Current Workshop Schedule 2026

Scheduling for 2026

Contact us to host this workshop!

Irmalie 813-676-5435 or Patricia 813-676-5609

ACTIVE LIVING EVERY DAY (ALED)

Open to schedule

A MATTER OF BALANCE

Lakeland Senior Hub

Aug 18 - Oct 6, 2026

Tuesdays

1:00pm - 3:00pm

2125 Harden Blvd

Lakeland, FL 33803

Please register at 863-380-8455

BINGOCIZE

Open to schedule

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

10:45am - 11:45am

16621 Lagoon Shore Blvd.

Wimauma, FL 33598