

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

Our Lady of Grace Catholic Church

Aug 27 - Oct 15, 2026

Thursdays

10:00am - 12:00pm

595 E Main St., Avon Park, FL 33825

Register with Beatriz Ramirez at 813-676-5036

BINGOCIZE

First Presbyterian Church Lakeland

Sep 14 - Nov 23, 2026

Mondays & Wednesdays

10:00am - 11:00am

175 Lake Hollingsworth Dr, Lakeland, FL 33801

Register with Sandie McRory 863-686-7187 ext. 242 or sandie@fpclakeland.org

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

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

HEALTHY EATING EVERY DAY (HEED)

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

TAI CHI FOR FALL PREVENTION

Wilfred Smith Resource Center

Aug 25 - Oct 15, 2026

Tuesdays & Thursdays

10:30am - 11:30am

135 Ave Y NE, Winter Haven, FL 33881

Please register with Kendra Williams (*HELP food pantry*) 863-585-4263