

May is Mental Health Awareness Month

Wellness Activities <i>All activities open to the community and are FREE. All ages are welcomed. Children must be supervised by an adult.</i>		Time	Location
Tuesday, May 7, 2019	Healthy Cooking	10:00 am	Jesse Owens Park
Wednesday, May 8, 2019	Art in the Garden	1:00 pm	Fremont Wellness Center & Community Garden
Wednesday, May 8, 2019	Stretching in the Garden	1:15 pm	Fremont Wellness Center & Community Garden
Monday, May 13, 2019	Yoga	2:30 pm	Weber Community Center
Wednesday, May 15, 2019	Family Zumba Night	6:00 pm	Green Meadows Recreation Center
Thursday, May 16, 2019	Relationships	3:00 pm	UMMA Community Clinic Administration
Tuesday, May 21, 2019	Line Dancing	11:30 am	Jesse Owens Park
Wednesday, May 22, 2019	Tai-Chi in the Garden	12:00 pm	Fremont Wellness Center & Community Garden
Thursday, May 23, 2019	Mental Health Awareness (Spanish)	10:00 am	UMMA Community Clinic Administration
Thursday, May 23, 2019	Stress/Anger Management	1:00 pm	UMMA Community Clinic Administration
Thursday, May 23, 2019	Afro-Caribbean Dance	11:00 am	Weber Community Center
Thursday, May 30, 2019	Living with Chronic Conditions	2:00 pm	UMMA Community Clinic Administration

CLASS LOCATIONS/ADDRESS

Jesse Owens Park:
9651 S. Western Ave., L.A., CA 90047
UMMA Community Clinic- Admin:
5849 Crocker St., #K, L.A. CA 90003
UMMA Fremont Wellness Center:
7821 S Avalon Blvd, 90003



CLASS LOCATIONS/ADDRESS

Augustus F. Hawkins Nature Park:
5790 Compton Avenue. L.A., CA, 90011
Green Meadows Recreation Center:
431 E. 89th St., L.A., 90003
Weber Community Center:
5849 Crocker St., #L, L.A. 90003