

MON

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	1 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 11:00am – 12:00pm Late-Life Transitions (V) Join by Phone: (323) 776-6996 Passcode: 239 227 2# 12:30pm – 2:30pm Ticket Relief Court (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (V) Join by Phone: (323) 776-6996 Passcode: 362 863 459# 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	2 10:00am – 11:00am Bullying Prevention and Resilience (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 632# 10:00am – 11:30am Breastfeeding Basics: Session 1 (Spanish/IP) To register: https://Lactancia-Materna-CCW.eventbrite.com 5:00pm – 6:00pm Roc the Mic: Community Karaoke Hour (IP)	3 10:00am – 11:00am Holiday Blues(V) Join by Phone: (323) 776-6996 Passcode: 867 235 204# 10:00am – 11:30am Poetry Class: The Pit of the Peach (IP) 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkYRhsabMQwar c327	4 Closed in Observance of Independence Day  10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#	5 9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 11:00am – 1:00pm Los Angeles Birth Doula: Planning [4] 2 (V) Virtual Workshop
7 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 6:00pm – 7:00pm Immigration, Adaption, and Resilience (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204#	8 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Being at Risk for Substance Use Disorder (V) Join by Phone: (323) 776-6996 Passcode: 343 221 744# 5:45pm – 7:15pm AD4L Soul Line Dancing (IP)	9 10:00am – 11:00am Emotional Wellbeing and Stress (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 632# 10:00am – 11:30am Breastfeeding Basics: Session 2 (Spanish/IP) To register: https://Lactancia-Materna-CCW.eventbrite.com 5:00pm – 6:00pm Roc the Mic: Community Karaoke Hour (IP)	10 10:00am – 11:00am Resiliency (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204# 10:00am – 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first-served, while supplies last 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkYRhsabMQwar c327	11 9:30am – 11:00am Gardening Workshop: Introduction to Gardening 101 (IP) 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 2:30pm – 3:30pm Nurse's Health Hub Series: Asthma Trigger Bingo (IP) To Register: https://forms.office.com/g/7LECfUFWuN	12 10:00am – 11:00am Tales & Tots Reading Story Time! (IP) For ages 2-5. 1:30pm – 2:30pm Help Me Grow: Los Angeles Parent Cafe (IP) To register: https://tinyurl.com/HMGPParentCafe
14 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 6:00pm – 7:00pm Preserving Your Memory (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204#	15 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (V) Join by Phone: (323) 776-6996 Passcode: 362 863 459# 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	16 9:00am – 9:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 10:00am – 11:00am Immigration and Resilience (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 632# 2:00pm – 3:30pm A Window Between Worlds Art Workshop: Riding the Grief Coaster (IP) To register: https://tinyurl.com/AWBW-July 5:30pm – 7:00pm Gardening Workshop: Gardening on a Budget (IP)	17 10:00am – 11:00am Social Isolation (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204# 11:00am – 1:00pm Kinship Academy Monthly Training (IP) Contact Mary to Register 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkYRhsabMQwar c327	18 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 11:30am – 1:00pm CardioSole Beginners Line Dancing (IP) 2:30pm – 3:30pm Nurse's Health Hub Series: Art + Memory, Reducing the Risk of Dementia (IP) To Register: https://forms.office.com/g/7LECfUFWuN	19 9:00am – 10:30am CardioSole Beginners Line Dancing (IP) 1:00pm – 2:30pm Los Angeles Birth Doula: Planning (IP)

MON	TUE	WED	THU	FRI	SAT
21 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 6:00pm – 7:00pm Stress Management (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204#	22 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Your Teen and Vaping (V) Join by Phone: (323) 776-6996 Passcode: 174 429 651# 2:30pm – 4:00pm Gardening Workshop: Vermi-composting (IP) 5:45pm – 7:15pm AD4L Soul Line Dancing (IP)	23 10:00am – 11:00am Understanding the Behavior of Minors and Their Guardians (Spanish/V) Join by Phone: (323) 776-6996 Passcode: 867 207 632# 5:00pm – 6:00pm Roc the Mic: Community Karaoke Hour (IP)	24 10:00am – 11:00am Health, Wellness, and Wholeness (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204# 10:00am – 12:00pm Free Produce Distribution Event (IP) Walk-up only, first-come first-served, while supplies last 3:00pm – 4:00pm Yoga Class (IP) To register: https://forms.gle/MkYRhsabMQwar c327	25 10:00am – 11:00am Walking Club (Spanish/V) Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 12:00pm – 3:00pm New You Resource Fair	26 9:00am – 10:30am CardioSole Beginners Line Dancing (IP)
28 10:00am – 10:45am Focus on U Therapy: Stretching & Strengthen Class (IP) 6:00pm – 7:00pm Hoarding (V) Join by Phone: (323) 776-6996 Passcode: 867 235 204#	29 9:00am – 11:00am CardioSole Intermediate Advanced Line Dancing (IP) 1:00pm – 2:00pm Responding to an Overdose with Naloxone (V) Join by Phone: (323) 776-6996 Passcode: 362 863 459# 2:00pm – 3:00pm Gardening Workshop: Transplanting Herbs and Vegetables (IP) 5:45pm – 7:15pm CardioSole Beginners Line Dancing (IP)	30 10:00am – 11:30am Poetry Class: The Pit of the Peach (IP) 5:00pm – 6:00pm Roc the Mic: Community Karaoke Hour (IP)	31 10:00am – 11:00am Hoarding (V) Join by Phone: (323) 776-6996 Passcode: 867 207 632# 1:00pm – 2:00pm Recognizing and Responding to an Overdose with Naloxone (IP) 3:00pm – 4:00pm Yoga Class Click here to register: https://forms.gle/MkYRhsabMQwar c327		

To register for the program, please contact the instructor:

CardioSole Line Dancing | **Donetta:** (323) 445-4491

AD4L Soul Line Dancing | **Stacy:** (323) 804-0918

Kinship Academy Monthly Training | **Mary:** (310) 908-4183

Recognizing and Responding to an Opioid Overdose with Naloxone | **Krystal:** kmousseau@ph.lacounty.gov



123 W. Manchester Blvd.
Inglewood, CA 90301
<http://publichealth.lacounty.gov/chs/CTCCW.htm>



Programming Hours

Monday: 8:00 AM - 4:00 PM
Tuesday - Wednesday: 8:00 AM - 7:30 PM
Thursday - Friday: 8:00 AM - 4:00 PM
Saturday: 8:00 AM - 3:00 PM
Sunday: Closed



For more information, to partner with the Curtis Tucker Center for Community Wellness, or to be added to our listserv please contact:

CurtisTuckerCCW@ph.lacounty.gov

(IP) - In Person
(V) - Virtual
Click Title to Join

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	1 9:00am – 11:00am CardioSole Clase de Baile Intermedio Avanzado (EP) 11:00am – 12:00pm Transiciones en la Vejez (V) Únase por teléfono: (323) 776-6996 Contraseña: 239 227 2# 12:30pm – 2:30pm Tribunal de Multas (EP) 1:00pm – 2:00pm Reconocer y Responder a Una Sobredosis de Opioides con Naloxona (V) Únase por teléfono: (323) 776-6996 Contraseña: 362 863 459# 5:45pm – 7:15pm CardioSole Clase de Baile para Principiantes (EP)	2 10:00am – 11:00am Prevención de Acoso y Resiliencia (Español/V) Únase por teléfono: (323) 776-6996 Contraseña: 867 207 632# 10:00am – 11:30am Conceptos Básicos de Lactancia Materna: Sesión 1 (Español/EP) Para registrarse: https://lactancia-materna-ccw.eventbrite.com 5:00pm – 6:00pm Mueve el Micrófono: Hora de Karaoke Comunitaria (EP)	3 10:00am – 11:00am Tristeza Navideña (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204# 10:00am – 11:30am Clase de Poesía: El Hueso del Durazno (EP) 3:00pm – 4:00pm Clase de Yoga (EP) Para registrarse: https://forms.gle/MkYRhsabMQowarc327	4 Centro Cerrado en Conmemoración del Día de la Independencia  10:00am – 11:00am Club de Caminata (Español/V) Únase por teléfono: (669) 444-9171 ID de Reunión: 884 1524 8746# Contraseña: 002265#	5 9:00am – 10:30am CardioSole Clase de Baile para Principiantes (EP) 11:00am – 1:00pm Taller Virtual Los Ángeles Doula de Parto: Planeando Para Dos (V)
7 10:00am – 10:45am Focus On U Therapy: Clase de Estiramiento y Fortalecimiento (EP) 6:00pm – 7:00pm Aislamiento Social (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204#	8 9:00am – 11:00am CardioSole Clase de Baile Intermedio Avanzado (EP) 1:00pm – 2:00pm Estar en Riesgo de Sufrir un Trastorno por Consumo de Sustancias (V) Únase por teléfono: (323) 776-6996 Contraseña: 343 221 744# 5:45pm – 7:15pm AD4L Clase de Baile (EP)	9 10:00am – 11:00am Bienestar Emocional y Estrés (Español/V) Únase por teléfono: (323) 776-6996 Contraseña: 867 207 632# 10:00am – 11:30am Conceptos Básicos de Lactancia Materna: Sesión 2 (Español/EP) Para registrarse: https://lactancia-materna-ccw.eventbrite.com 5:00pm – 6:00pm Mueve el Micrófono: Hora de Karaoke Comunitaria (EP)	10 10:00am – 11:00am Resiliencia (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204# 10:00am – 12:00pm Evento GRATIS de Distribución de Alimentos (EP) Por orden de llegada. Hasta que se acaben los alimentos. 3:00pm – 4:00pm Clase de Yoga (EP) Para registrarse: https://forms.gle/MkYRhsabMQowarc327	11 9:30am – 11:00am Taller de Jardinería: Introducción a la Jardinería 101 (EP) 10:00am – 11:00am Club de Caminata (Español/V) Únase por teléfono: (669) 444-9171 ID de Reunión: 884 1524 8746# Contraseña: 002265# 2:30pm – 3:30pm Centro de Salud de Enfermeras: Bingo de Desencadenantes del Asma (EP) Para registrarse: https://forms.office.com/g/7LECFUFWuN	12 10:00am – 11:00am Tales & Tots ¡La Hora del Cuento Para Niños! 2 a 5 años (EP) 1:30pm – 2:30pm Help Me Grow: Café para Padres de Los Angeles (EP) Haga clic en el enlace para registrarse: https://tinyurl.com/HMGParentCafe
14 10:00am – 10:45am Focus On U Therapy: Clase de Estiramiento y Fortalecimiento (EP) 6:00pm – 7:00pm Preservando Su Memoria (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204#	15 9:00am – 11:00am CardioSole Clase de Baile Intermedio Avanzado (EP) 1:00pm – 2:00pm Reconocer y Responder a Una Sobredosis de Opioides con Naloxona (V) Únase por teléfono: (323) 776-6996 Contraseña: 362 863 459# 5:45pm – 7:15pm CardioSole Clase de Baile para Principiantes (EP)	16 9:00am – 9:45am Focus On U Therapy: Clase de Estiramiento y Fortalecimiento (EP) 10:00am – 11:00am Inmigración y Resiliencia (Español/V) Únase por teléfono: (323) 776-6996 Contraseña: 867 207 632# 2:00pm – 3:30pm Taller de Arte: Montando la Montaña Rusa de Duelo (EP) Para registrarse: https://tinyurl.com/AWBW-July 5:30pm – 7:00pm Taller de Jardinería: Jardinería con un Presupuesto Limitado (EP)	17 10:00am – 11:00am Aislamiento Social (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204# 11:00am – 1:00pm Entrenamiento Mensual de Kinship Academy (EP) 3:00pm – 4:00pm Clase de Yoga (EP) Para registrarse: https://forms.gle/MkYRhsabMQowarc327	18 10:00am – 11:00am Club de Caminata (Español/V) Únase por teléfono: (669) 444-9171 ID de Reunión: 884 1524 8746# Contraseña: 002265# 11:30am – 1:00pm CardioSole Clase de Baile para Principiantes (EP) 2:30pm – 3:30pm Centro de Salud de Enfermeras: Arte y Memoria Reduciendo el Riesgo de Demencia (EP) Para registrarse: https://forms.office.com/g/7LECFUFWuN	19 9:00am – 10:30am CardioSole Clase de Baile para Principiantes (EP) 1:00pm – 2:30pm Los Ángeles Doula de Parto: Planeando Para Dos (EP)

(Spanish)

(EP)- En Persona (V)- Virtual, Haga Clic en el Título Para Unirse

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21 10:00am – 10:45am Focus On U Therapy: Clase de Estiramiento y Fortalecimiento (EP) 6:00pm – 7:00pm Manejo del Estrés (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204#	22 9:00am – 11:00am CardioSole Clase de Baile Intermedio Avanzado (EP) 1:00pm – 2:00pm Su Adolescente y el Vapeo (V) Únase por teléfono: (323) 776-6996 Contraseña: 174 429 651# 2:30pm – 4:00pm Taller de Jardinería: Lombricompostaje (EP) 5:45pm – 7:15pm AD4L Clase de Baile (EP)	23 10:00am – 11:00am Entendiendo el Comportamiento de Menores de Edad y sus Tutores (Español/V) Únase por teléfono: (323) 776-6996 Contraseña: 867 207 632# 5:00pm – 6:00pm Mueve el Micrófono: Hora de Karaoke Comunitaria (EP)	24 10:00am – 11:00am Salud, Bienestar y Plenitud (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204# 10:00am – 12:00pm Evento GRATIS de Distribución de Alimentos (EP) Por orden de llegada. Hasta que se acaben los alimentos. 3:00pm – 4:00pm Clase de Yoga (EP) Para registrarse: https://forms.gle/MkYRhsabMQwar c327	25 10:00am – 11:00am Club de Caminata (Español/V) Únase por teléfono: (669) 444-9171 ID de Reunión: 884 1524 8746# Contraseña: 002265# 12:00pm – 3:00pm Feria de Recursos “New You” (EP)	26 9:00am – 10:30am CardioSole Clase de Baile para Principiantes (EP)
28 10:00am – 10:45am Focus On U Therapy: Clase de Estiramiento y Fortalecimiento (EP) 6:00pm – 7:00pm Acaparamiento (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204#	29 9:00am – 11:00am CardioSole Clase de Baile Intermedio Avanzado (EP) 1:00pm – 2:00pm Reconocer y Responder a Una Sobredosis de Opioides con Naloxona (V) Únase por teléfono: (323) 776-6996 Contraseña: 362 863 459# 2:00pm – 3:00pm Taller de Jardinería: Trasplante de Hierbas y Verduras (EP) 5:45pm – 7:15pm CardioSole Clase de Baile para Principiantes (EP)	30 10:00am – 11:30am Clase de Poesía: El Hueso del Durazno (EP) 5:00pm – 6:00pm Mueve el Micrófono: Hora de Karaoke Comunitaria (EP)	31 10:00am – 11:00am Acaparamiento (V) Únase por teléfono: (323) 776-6996 Contraseña: 867 235 204# 1:00pm – 2:00pm Reconocer y Responder a Una Sobredosis de Opioides con Naloxona (EP) 3:00pm – 4:00pm Clase de Yoga (EP) Para registrarse: https://forms.gle/MkYRhsabMQwar c327		

Para registrarse en el programa, por favor contacte al instructor:

CardioSole Clase de Baile | **Donetta:** (323) 445-4491

Reconocer y Responder a Una Sobredosis de Opioides con Naloxona | **Krystal:** kmousseau@ph.lacounty.gov

AD4L Clase de Baile | **Stacy:** (323) 804-0918

Entrenamiento Mensual de Kinship Academy | **Mary:** (310) 908-4183



123 W. Manchester Blvd.
Inglewood, CA 90301

<http://publichealth.lacounty.gov/chs/CTCCW.htm>



Horarios de Programación

Lunes: 8:00 AM - 4:00 PM
Martes - Miércoles: 8:00 AM - 7:30 PM
Jueves - Viernes: 8:00 AM - 4:00 PM
Sábado: 8:00 AM - 3:00 PM



Para obtener más información, asociarse con el Centro Curtis Tucker para el Bienestar Comunitario, o para que lo agreguen a nuestra lista de correos, comuníquese con:

CurtisTuckerCCW@ph.lacounty.gov

(Spanish)
(EP)- En Persona
(V)- Virtual
Haga Clic en el
Título Para Unirse