

Wellness Center September 2023 Weekly Calendar

830 Atlantic Avenue Long Beach, CA. 90813 (562) 285-0149

Monday, Tuesday, Thursday and Friday 9 am-5 pm Wednesday 9am-12pm

We close at Noon for lunch and re-open at 1 p.m.

The following activities, workshops, and clubs listed below meet on a weekly basis.

They are free and open to anyone in the community.



Monday



12:00PM
WC is closed for a 1 hour lunch break



Tuesday

10:00AM-12:00 PM
Cooking Class @ WC
Conference Room
Come meet other members and learn how to eat healthy on a budget! Led by Armando Jimenez and Efrain Loera @ WC.



12:00 PM
WC is closed for a 1 hour lunch break

10:00AM-11:00AM
Arts and Crafts! Join us for the free opportunity to discuss mental health wellness through art-based recovery!

Led By Armando Jimenez@ WC Conference Room



3:00PM-4:30PM
Conversation Group@ WC
Come meet other members and ask fun questions with different topics.
Led By Helen Ciriello.

Wednesday



12:00 PM-1:00 PM
WC is closed for a 1 hour lunch break

Team Meeting
WC Closed
1:00PM-5:00PM



Thursday



9:30AM-10:30AM
Walk and Talk @ WC
Come meet other members and exercise with us!



12:00PM
WC is closed for a 1 hour lunch break.



Friday



12:00 PM
WC is closed for a 1 hour lunch break

1:30PM-3:00PM
Conversation Group@ WC
Come meet other members and ask fun questions with different topics.
Led By Helen Ciriello.

