

MON	TUE	WED	THU	FRI	SAT
		1 10:00am – 11:30am   Gardening Workshop - Microgreens Contact Wendy to Register 3:00pm – 4:30pm   Virtual Nutrition Class (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604#	2	3 10:00am – 11:00am   Virtual Walking Club (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#	4
6 6:00pm – 7:00pm   Holiday Blues   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#	7 9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register 12:30pm – 2:30pm   Ticket Relief Court 5:45pm – 7:15pm   CardioSole Beginners Line Dancing   Contact Donetta to Register	8 10:00am – 11:30am   Gardening Workshop - Microgreens Contact Wendy to Register 1:00pm – 2:00pm   Nutrition and Cooking Class   Contact Alejandra to Register	9 10:00am – 12:00pm   FREE Food Distribution   Walk-up only, first-come first-served, while supplies last	10 10:00am – 11:30am   Community Baby Shower 10:00am – 11:00am   Virtual Walking Club (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 1:00pm – 2:30pm   CardioSole Beginners Line Dancing Contact Donetta to Register	11 9:30am – 11:00am   CardioSole Beginners Line Dancing Contact Donetta to Register
13 6:00pm – 7:00pm   Resiliency <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#	14 9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register 12:00pm – 1:30pm   Virtual Nutrition Class (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604# 2:00pm – 3:00pm   Substance Use in Your Community <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 114 187 126# 5:45pm – 7:15pm   AD4L Soul Dancing   Contact Stacy to Register	15 10:00am – 11:30am   Gardening Workshop – Herbalicious Contact Wendy to Register	16 11:00am – 1:00pm   Kinship Academy Monthly Training Contact Mary to Register 2:00pm – 3:00pm   Recognizing and Responding to an Opioid Overdose with Naloxone Contact Steve to Register	17 10:00am – 11:00am   Virtual Walking Club (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 11:30am – 1:00pm   CardioSole Beginners Line Dancing Contact Donetta to Register 2:00pm – 3:00pm   Ask a Nurse: Diabetes & Nutrition Workshop	18 9:30am – 11:00am   CardioSole Beginners Line Dancing   Contact Donetta to Register 12:00pm – 3:00pm   Whole Child Wellness   Contact Alex to Register

MON	TUE	WED	THU	FRI	SAT
<p>20</p> <p>11:00am – 12:00pm   Health, Wellness, and Wholeness <a href="#">Click Here to Join</a></p> <p>6:00pm – 7:00pm   Emotional Intelligence   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#</p>	<p>21</p> <p>9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register</p> <p>2:00pm – 3:00pm   Ask a Nurse: Climate Change and Health Workshop</p> <p>2:00pm – 3:00pm   Recognizing and Responding to an Overdose with Naloxone   <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 884 705 091#</p> <p>5:45pm – 7:15pm   CardioSole Beginners Line Dancing Contact Donetta to Register</p>	<p>22</p>	<p>23</p> <p>10:00am – 12:00pm   FREE Produce Distribution   Walk-up only, first-come first-served, while supplies last</p>	<p>24</p> <p>10:00am – 11:00am   Virtual Walking Club (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#</p> <p>11:30am – 1:00pm   CardioSole Beginners Line Dancing Contact Donetta to Register</p>	<p>25</p> <p>9:30am – 11:00am   CardioSole Beginners Line Dancing Contact Donetta to Register</p>
<p>27</p> <p><b>Closed in Observance of Memorial Day</b></p> <p>6:00pm – 7:00pm   Social Isolation   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#</p>	<p>28</p> <p>8:00am – 8:45am   Ask a Nurse: Emergency Preparedness Workshop</p> <p>9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register</p> <p>2:00pm – 3:00pm   Treatment and Healthcare for People with Substance Use Disorders <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 769 746 780#</p> <p>5:45pm – 7:15pm   AD4L Soul Dancing   Contact Stacy to Register</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>10:00am – 11:00am   Virtual Walking Club (Spanish) <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#</p> <p>11:30am – 1:00pm   CardioSole Beginners Line Dancing Contact Donetta to Register</p>	

**To register, please contact:**

**Donetta:** (323) 445-4491 | [CardioSole Line Dancing](#)  
**Stacy:** (323) 804-0918 | [AD4L Soul Line Dancing](#)  
**Alex:** (310) 912-4813 | [Whole Child Wellness](#)  
**Mary:** (310) 908-4183 | [Kinship Academy Monthly Training](#)  
**Alejandra:** (213) 554-4500 | [Nutrition and Cooking Class](#)

**Steve:** scagle@ph.lacounty.gov | [Recognizing and Responding to an Opioid Overdose with Naloxone](#)  
**Wendy:** (323) 300-4649 | [Gardening Workshops](#)



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](mailto:CurtisTuckerCCW@ph.lacounty.gov)