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**SAT**

<p><b>1</b></p> <p><b>6:00pm – 7:00pm   How Much is Too Much   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#</b></p>	<p><b>2</b></p> <p><b>9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register</b></p> <p><b>12:30pm – 2:30pm   Ticket Relief Court</b></p> <p><b>5:45pm – 7:15pm   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p>	<p><b>3</b></p> <p><b>6:00pm – 7:00pm   Holiday Blues (Spanish)   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 516 662 601#</b></p>	<p><b>4</b></p>  <p><b>Closed in Observance of Independence Day</b></p>	<p><b>5</b></p> <p><b>11:30am – 1:00pm   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p>	<p><b>6</b></p> <p><b>9:30am – 11:00am   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p>
<p><b>8</b></p> <p><b>6:00pm – 7:00pm   Discover your Passion   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#</b></p>	<p><b>9</b></p> <p><b>9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register</b></p> <p><b>12:00pm – 1:30pm   Garden and Nutrition Workshop   Click link to register: <a href="https://forms.gle/jCchQSSUCpfjFUSC6">https://forms.gle/jCchQSSUCpfjFUSC6</a></b></p> <p><b>2:00pm – 3:00pm   Ask a Nurse: Asthma</b></p> <p><b>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#</b></p> <p><b>5:45pm – 7:15pm   AD4L Soul Dancing   Contact Stacy to Register</b></p>	<p><b>10</b></p> <p><b>6:00pm – 7:00pm   Good Sleep for Emotional Wellbeing for Older Adults (Spanish)   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 516 662 601#</b></p>	<p><b>11</b></p> <p><b>10:00am – 12:00pm   FREE Food Distribution   Walk-up only, first-come first-served, while supplies last</b></p>	<p><b>12</b></p>	<p><b>13</b></p> <p><b>10:00am – 12:00pm   African Public Health Coalition: Youth Ambassador Workshop   Click link to register: <a href="https://tinyurl.com/25su24r5">https://tinyurl.com/25su24r5</a></b></p>
<p><b>15</b></p> <p><b>3:00pm – 4:00pm   Gardening Workshop: Cut and Come Again   Click link to register: <a href="https://forms.gle/jCchQSSUCpfjFUSC6">https://forms.gle/jCchQSSUCpfjFUSC6</a></b></p> <p><b>6:00pm – 7:00pm   Stress Management   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#</b></p>	<p><b>16</b></p> <p><b>9:00am – 11:00am   CardioSole Intermediate Advanced Line Dancing   Contact Donetta to Register</b></p> <p><b>2:00pm – 3:00pm   Your Teen and Vaping   <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 657 188 578#</b></p> <p><b>5:45pm – 7:15pm   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p>	<p><b>17</b></p> <p><b>10:00pm – 11:30am   Gardening Workshop: The Frugal Gardener   Click link to register: <a href="https://forms.gle/jCchQSSUCpfjFUSC6">https://forms.gle/jCchQSSUCpfjFUSC6</a></b></p> <p><b>6:00pm – 7:00pm   Late-Life Transitions (Spanish)   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 516 662 601#</b></p>	<p><b>18</b></p> <p><b>11:00am – 1:00pm   Kinship Academy Monthly Training   Contact Mary to Register</b></p> <p><b>2:00pm – 3:00pm   Recognizing and Responding to an Opioid Overdose with Naloxone   Contact Steve to Register</b></p>	<p><b>19</b></p> <p><b>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#</b></p> <p><b>11:30am – 1:00pm   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p> <p><b>2:00pm – 3:00pm   Ask a Nurse: Cardiovascular Disease</b></p>	<p><b>20</b></p> <p><b>9:30am – 11:00am   CardioSole Beginners Line Dancing   Contact Donetta to Register</b></p>

MON	TUE	WED	THU	FRI	SAT
22 6:00pm – 7:00pm   <b>Grief and Loss</b>   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#	23 9:00am – 11:00am   <b>CardioSole Intermediate Advanced Line Dancing</b>   Contact Donetta to Register  2:00pm – 3:00pm   <b>Ask a Nurse: MonkeyPox</b>  2:00pm – 3:00pm   <b>Being at Risk for Substance Use Disorders</b>   <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 283 033 361#  5:45pm – 7:15pm   <b>AD4L Soul Dancing</b>   Contact Stacy to Register	24 11:00am – 12:00pm   <b>Preserving Your Memory</b>   <a href="#">Click Here to Join</a>  6:00pm – 7:00pm   <b>Depression and Anxiety (Spanish)</b>   <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 516 662 601#	25 10:00am – 12:00pm   <b>FREE Produce Distribution</b>   Walk-up only, first-come first-served, while supplies last	26 10:00am – 11:00am   <b>Virtual Walking Club (Spanish)</b>   <a href="#">Click Here To Join</a> or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#	27
29 6:00pm – 7:00pm   <b>Good Sleep for Emotional Wellbeing for Older Adults</b>   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 867 235 204#	30 9:00am – 11:00am   <b>CardioSole Intermediate Advanced Line Dancing</b>   Contact Donetta to Register  2:00pm – 3:00pm   <b>Ask a Nurse: Nutrition and Wellness for Older Adults</b>  2:00pm – 3:00pm   <b>Recognizing and Responding to an Overdose with Naloxone</b>   <a href="#">Click Here To Join</a> or Join by Phone: (323) 776-6996 Passcode: 884 705 091#  5:45pm – 7:15pm   <b>CardioSole Beginners Line Dancing</b>   Contact Donetta to Register	31 2:00pm – 3:30pm   <b>Gardening Workshop: Get the Most Out of Compost</b>   Click link to register: <a href="https://forms.gle/jCchQSSUCPjEUSC6">https://forms.gle/jCchQSSUCPjEUSC6</a>  6:00pm – 7:00pm   <b>Resiliency" (Spanish)</b>   <a href="#">Click Here to Join</a> or Join by Phone: (323) 776-6996 Passcode: 516 662 601#			

**To register, please contact:**

**Donetta:** (323) 445-4491 | [CardioSole Line Dancing](#)  
**Stacy:** (323) 804-0918 | [AD4L Soul Line Dancing](#)

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

**Steve:** [scagle@ph.lacounty.gov](mailto:scagle@ph.lacounty.gov) | [Recognizing and Responding to an Opioid Overdose with Naloxone](#)



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)