

Community Wellness Resources/Recursos de Bienestar en la Comunidad

- Physical activity recommendations:
https://www.who.int/dietphysicalactivity/factsheet_recommendations/en/

(En español:

https://www.who.int/dietphysicalactivity/factsheet_recommendations/es/)

- Information on healthy eating (Información sobre comida saludable):
Nutritionfacts.org (En español: nutritionfacts.org/es/)

- Wellness Centers and gym

- Don Knabe Wellness Center at Rancho Los Amigos

- Currently closed due to COVID-19

- Rancho Virtual Wellness

- <https://www.ranchoresearch.org/rancho-virtual-wellness>

- The Wellness Center at LAC+USC

- Currently closed due to COVID-19



Free Services/Servicios Gratuitos: Healthy cooking classes (Clases de comida saludable), Zumba, Yoga, Meditation (Meditación), pre-diabetes classes (clases de pre-diabetes), etc.

<https://www.thewellnesscenterla.org/>



<https://www.lacare.org/frc>

Available in/Disponible en: Inglewood, Boyle Heights, Lynwood, Palmdale, Pacoima

Free Services/Servicios Gratuitos: healthy cooking classes (clases de comida saludable), Zumba, Yoga, meditation (meditación), pre-diabetes classes (clases de pre-diabetes), etc.



Free Services/Servicios Gratuitos:
Healthy cooking classes (Clases de comida saludable)

<https://seela.org/good-cooking/>

Centro Maravilla Service Center

4716 East Cesar E Chavez Avenue
Los Angeles, CA 90022
Telephone (323) 260-2804

<https://www.facebook.com/pages/County-of-Los-Angeles-Centro>

Belvedere Community Regional Park

4914 E. Cesar Chavez Ave.
Los Angeles, CA 90022

City Terrace Park

1126 N Hazard Ave,
Los Angeles, CA 90063
Phone: (323) 260-2360

Central Ave Farmers' Market Classes are every Thursday (Clases todos los jueves en Central Ave Farmers' Market)

4301 S Central Ave, Los Angeles, CA 90011

Español: 11am-12pm

MLK Campus Farmers' Market Classes are every Wednesday (Clases todos los miercoles en MLK Campus Farmers' Market)

1670 E 120th St, Los Angeles, CA 90059

Español: 9-10am

English: 10:30-11:30am

Free Services/Servicios Gratuitos: Zumba, Meditation (Meditación), Food Pantry (Despensa de comida), Legal services (Servicios legales), etc.

Franklin D. Roosevelt Park

7600 Graham Ave,
Los Angeles, CA 90001

Eugene A. Obregon Park

4021 E. 1st St.
Los Angeles, CA 90063