

WLA Health Classes

*****These are some of the health classes offered at WLA.
Call WLA PERC for the full schedule******

Diabetes Education Classes

- Mondays- Thursdays
- Held in Building 500, Room 3055
- Walk-ins welcome or call Debra Jones, RN or Genia Williamson, RN at (310) 478-3711 ext. 49094 to schedule

Intro to MOVE!- Weight Management Program

- Wednesdays and Fridays from 9:00am-10:00am
- Held in PERC, Building 500, Room 1606
- Your instructor will explain other MOVE classes you can go to after the introduction class
- Walk-ins welcome or call (310) 478-3711 ext.40023 to schedule

Smoking Cessation Clinic

- Thursdays starting at 2pm, new patients starting at 1pm
- Held in Building 401
- Call Krystin Buckley at (310) 478-3711 ext.42648 to schedule

Call PERC at ext. 43964 for information on other wellness classes:

- Mindfulness for Pain Management
- Healthy Habits
- Get Back to Sleep: Insomnia Class
- Biofeedback for Medical Conditions
- Introduction to CAM Therapies
- Breathing Stretching Relaxation (Yoga-based practiced)
- Introduction to Relaxation and Meditation
- Sports Program
- Tinnitus Distress Relief
- Mindfulness Based Stress Reduction
- Tai Chi