

WORLD's Wellness Workshops



This 4-month program will improve your holistic health with cooking and movement classes!

Cooking classes: Held every other Friday at 12 PM

You will receive food when you participate so that we can all cook together

Movement classes: Held Tuesdays at 6:30 PM and Thursdays at 10 AM - choose what works with your schedule

You will receive gift cards and exercise equipment so you can get the most out of each session

You can participate in one or both of these programs!

Call or email Tinia at 510-986-0340 or tbriggs@womenhiv.org to get more details and sign up!

