

# Adults

Our offers adults a range of classes, clubs and other activities to become great parents, neighbors and contributors to their community.

Among our regular programs are child birth classes, family educational workshops and English language workshops meant to develop literacy skills and knowledge about health and wellness.

Women in the community have their own club in which they discuss, over coffee, their challenges related to health, parenting and other everyday issues. Men also have a club focused on organizing sport games and other events.

In addition, there's quarterly community meetings aimed at encouraging residents to discuss their concerns and how they can make an impact on their neighborhood.

*To learn more about Lake Worth West Community Center's adult programs, visit our [calendar page](#) or call us at 561-649-9600.*