



## Classes & Programs

## FREE Interpretation Services Available

*Good health is within your reach L.A. Care offers you the following health education services. Unless otherwise indicated, all community education events and classes are **FREE** of charge. All are welcome and we are here to help you. Call us at 1-888-525-9693 to sign up for any of the services listed below.*

### **\*Alopecia Survival Support Group\***

Learn how to chart medical information that will empower you to become an active participant in your cancer treatment.

### **Chronic Diseases & Physical Activities**

This class covers various topics related to Asthma, Cholesterol, Blood Pressure and Diabetes. Such as environmental triggers, pollutants, medicines to control these diseases and development of treatment plans.

### **Children's Physical Fitness**

This class is design to promote physical fitness for children ages 5 to 13.

### **\*CPR/First Aid\***

FREE to the community a 4-week workshop on basic First Aid Adult, Child and Infant. Be the first in your family to be certified. Registration is necessary.

### **Department of Public Social Services**

An on site Medi-Cal Eligibility Worker is available to help enroll people and their families into the Medi-Cal program.

### **Diabetes**

This six-week Chronic Disease Management program covers Healthy Eating and goal setting to manage your diabetes.

### **\*Family Health\***

This is a 15-week workshop covering different topics every week.

### **Helpful Parenting Tips**

This 8-week workshop will teach parents how to help their children succeed in school and in life!

### **L.A. Care**

#### **New Member Orientation**

L.A. Care members new to our health plan are welcome to attend one of our orientations. Learn how your health plan works.

### **LAP Read**

Lap read is an early education program for children 0-5 years old. Come and have fun reading, singing, and doing arts and crafts together.

### **Nutrition & Exercise**

This class covers identification of essential nutrients from the food pyramid eating a balanced diet, reading food labels and discussion of health risks associated with poor nutrition.

### **\*Nutrition & Healthy Eating Habits for the Family\***

Learn helpful nutrition tips and form healthy eating habits for you and your family. Prevent childhood obesity. Parents come and learn how to make wise healthy food choices for your family.

### **Pilates in the Hood/Physical Perfection**

This class is offer to the entire family from ages 7 and up. It focuses on developing core strength, breathing flowing movement and the benefits of physical fitness.

### **\*Reproductive Cancer Male and Female\***

Learn about the prevention and early detection of uterine, ovarian and testicular cancers. This information could save your life.

### **Salsa Dance Aerobics**

This class will give you a cardio vascular workout while having fun. Get fit while dancing to the Latin rhythm.

### **Self Esteem/Domestic Violence Support Group**

This group meeting will offer support for those currently dealing with or those that have dealt with the cycle of violence.



Spanish Weight Watchers meetings.  
*Participants are required to pay for all fees related to this program.*

### **\*What to do when your child gets sick\***

Learn how to keep your child safe and healthy. Know when to take your child to the doctor and how to deal with minor illness and injury \*Free Book given to all participants that attend this class.

### **Women Infants & Children (WIC)**

A WIC community outreach worker is available at the Family Resource Center to help people and families who qualify to enroll into the program.

Eng.- English Sp.-Spanish

\*Featured Class\*