Activities Calendar

Center Hours: 10:00 am - 6:30 pm (M-F) 9:00 am - 2:00 pm *Saturday*



NOVEMBER	F	AMILY RESOU	RCE CENTER -	LYNWOOD	PHONE: (888) 525-9693 (310) 661-3000
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nutrition & Exercise 10:00-11:30 Sp. & Eng. Pilates 4:00-5:00 Eng. *CPR/First Aid* 5:00-6:30 DPSS/Medi-Cal Eligibility Worker 10:00-6:00	Diabetes #5 11:00-12:30 Eng. & Sp. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	4 Lap Read 10-11 WIC 10:00-12:00 *Reproductive Cancer Male and Female* 5:00-6:00 Sp.	5 Nutrition & Exercise 10:00-11:00 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	*Alopecia Survival Support Group* 11:00-1:00 Chronic Diseases & Physical Activities 4:00-5:00 Sp. & Eng. Helpful Parenting Tips 5:00-6:30 Spanish	7 Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Weight Watchers 11:00-12:30 Spanish
9 Nutrition & Exercise 10:00-11:30 Sp. & Eng. Pilates 4:00-5:00 Eng. *CPR/First Aid* 5:00-6:30 DPSS/Medi-Cal Eligibility Worker 10:00-6:00	Diabetes #6 11:00-12:30 Eng. & Sp. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	Lap Read 10-11 WIC 10:00-12:00 *What to do when your child gets sick* 5:00-6:00	Nutrition & Exercise 10:00-11:00 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	Chronic Diseases & Physical Activities 4:00-5:00 Sp. & Eng. Self-Esteem/Domestic Violence Support Group 5:00-6:30	Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Weight Watchers 11:00-12:30 Spanish
Nutrition & Exercise 10:00-11:30 Sp. & Eng. Pilates 4:00-5:00 Eng. *CPR/First Aid* 5:00-6:30 DPSS/Medi-Cal Eligibility Worker 10:00-6:00	Diabetes #1 11:00-12:30 Eng. & Sp. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	18 Lap Read 10-11 WIC 10:00-12:00	Nutrition & Exercise 10:00-11:00 Sp. & Eng. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	Chronic Diseases & Physical Activities 4:00-5:00 Sp. & Eng. Helpful Parenting Tips 5:00-6:30 Spanish	Nutrition & Healthy Eating Habits for the Family 10:30-11:30 Weight Watchers 11:00-12:30 Spanish *Family Health # 1 Self Esteem* 12:00-2:00 Spanish
Nutrition & Exercise 10:00-11:30 Sp. & Eng. Pilates 4:00-5:00 Eng. *CPR/First Aid* 5:00-6:30 DPSS/Medi-Cal Eligibility Worker 10:00-6:00	Diabetes #2 11:00-12:30 Eng. & Sp. Children's Physical Fitness 4:00-5:00 Salsa Dance Aerobics 5:00-6:00	25 Lap Read 10-11 WIC 10:00-12:00 L.A. Care New Member Orientation 4:00-5:00 Eng. 5:00-6:00 Sp.	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY
Nutrition & Exercise 10:00-11:30 Sp. & Eng. Pilates 4:00-5:00 Eng. DPSS/Medi-Cal Eligibility Worker 10:00-6:00					

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.

WeightWatchers

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