

## Health in Motion™ Calendar April - June 2018

L.A. Care members are special. That's why we offer special wellness programs and services. Members can get printed health brochures and can go to *Health In Motion*™ Member Only Workshops- all for **FREE**.

\*Registration prior to the class and attendance of all three sessions are required for this workshop. Restricted to L.A. Care members. \*

\*\*Workshops are restricted to members belonging to a specific provider if the class is conducted at a provider's site \*\*\*

Group Appointment	Target	Location	Date(s)	Time	Contact
<b>Love Your Heart (Spanish)</b> - This session helps adults understand how to prevent and manage high blood pressure and high cholesterol.	Adults	<b>Pacoima Family Resource Center</b> 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	4/2/2018	11:30AM-1:30PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>Stress and Anxiety Management (Spanish)</b> - This session helps adults understand stress and anxiety, its effects on health, signs/symptoms, and ways to manage them.	Adults	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	4/6/2018	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>My Healthy Bones (English)</b> - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Adults	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	4/13/2018	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>Stress and Anxiety Management (Spanish)</b> - This session helps adults understand stress and anxiety, its effects on health, signs/symptoms, and ways to manage them.	Adults	<b>Lynwood Family Resource Center</b> 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	4/27/2018	2:00PM-4:00PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro

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Group Appointment	Target	Location	Date(s)	Time	Contact
<b>My Healthy Bones (Spanish)</b> - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Seniors	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	5/4/2018	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>My Healthy Bones (Spanish)</b> - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Adults	<b>Pacoima Family Resource Center</b> 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	5/7/2018	11:30AM-1:30PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>Asthma Basics (Family)</b> - This session helps parents and their children understand risk factors, asthma attack prevention, medication adherence, and using peak flow meters and spacers.	Adults	<b>Boyle Heights FRC Wellness Center of the Historic General Hospital</b> 1200 N. State St. Suite 1069 Los Angeles, CA 90333	5/16/2018	10:00AM-11:30PM SP 12:30PM-2:00PM EN	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>My Plate (English)</b> - This session helps parents and their children on how to build a healthy plate by balancing portion size and including all basic food groups.	Adults	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	5/18/18	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro

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<b>Love Your Heart (Spanish)</b> - This session helps adults understand how to prevent and manage high blood pressure and high cholesterol.	Adults	<b>Lynwood Family Resource Center</b> 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	5/25/2018	2:00PM-4:00PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>Love Your Heart (Spanish)</b> - This session helps adults understand how to prevent and manage high blood pressure and high cholesterol.	Adults	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	6/1/2018	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>My Plate (Spanish)</b> - This session helps parents and their children on how to build a healthy plate by balancing portion size and including all basic food groups.	Adults	<b>Pacoima Family Resource Center</b> 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	6/4/2018	11:30AM- 1:30PM	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro
<b>Ready to Quit My Way!- Tobacco Cessation-</b> This session helps adults understand the reasons why people smoke, the different ways to quit smoking, and how to overcome barriers and smoking triggers.	Adults	<b>Boyle Heights FRC Wellness Center of the Historic General Hospital</b> 1200 N. State St. Suite 1069 Los Angeles, CA 90333	6/20/2018	10:00AM-11:30PM SP 12:30PM-2:00PM EN	Marlene Rivera 213.694.1250, X 4927 mriviera@lacare.org Instructor: Jesse Navarro

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<b>Burn Rubber (English)</b> - This session helps seniors "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet the needs of the senior population.	Seniors	<b>Palmdale Family Resource Center</b> 2072 East Palmdale Blvd. Palmdale, CA 93550	6/22/2018	10:15AM-12:15PM	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro
<b>My Healthy Bones (Spanish)</b> - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Seniors	<b>Lynwood Family Resource Center</b> 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	6/29/2018	2:00PM-4:00PM	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro