



## Health in Motion™ Calendar January - March 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**.

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\*\*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>Diabetes Self-Management Training (DSMT) (Spanish)*</b> - This three (3) week session helps adults better manage their diabetes.  | Adults  | <b>Pacoima Family Resource Center</b><br>10807 San Fernando Road<br>Pacoima, CA 91331<br>(In the Zocalito Shopping Center) | 1/3/2018  | 10:00AM-12:30PM EN | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Diabetes Care Partners |
|  |         |  | 1/10/2018 | 1:30PM-4:00PM SP   |   |
|  |         |  | 1/17/2018 |                    |   |
|  |         |  | Follow Up | 10:00AM-11:00AM EN |   |
|  |         |  | 4/25/2018 | 11:30AM-12:30PM SP |   |
| <b>Fall Prevention (Spanish)</b> - This session helps adults understand the risk factors of falling, what they can do to keep themselves safe from a fall, and home safety modifications that may reduce the risk of a fall. | Seniors | <b>Pacoima Family Resource Center</b><br>10807 San Fernando Road<br>Pacoima, CA 91331<br>(In the Zocalito Shopping Center) | 1/8/2018  | 11:30AM-1:30PM     | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro          |
| <b>Fall Prevention (Spanish)</b> - This session helps adults understand the risk factors of falling, what they can do to keep themselves safe from a fall, and home safety modifications that may reduce the risk of a fall. | Seniors | <b>Palmdale Family Resource Center</b><br>2072 East Palmdale Blvd.<br>Palmdale, CA 93550                                   | 1/12/2018 | 10:15AM-12:15PM    | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro          |



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|---|---------|--|----------------------|-----------------|--|
| <b>What to Do When Your Child Gets Sick (Spanish)</b> - This session helps parents with children 0-12 years of age on how to care for a sick child, protect the child from accidents and injury, and how to get the right medical care for the child. | Parents | <b>Lynwood Family Resource Center</b><br>3180 E. Imperial Highway<br>Lynwood, CA 90262<br>(In Plaza Mexico)                | 1/26/2018            | 2:00PM-4:00PM   | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro |
| <b>Little Sugar in the Blood (Spanish)</b> - This session helps adults understand pre-diabetes basics; risk factors, symptoms, knowing blood sugar numbers, and ways to prevent or manage diabetes.   | Adults  | <b>Palmdale Family Resource Center</b><br>2072 East Palmdale Blvd.<br>Palmdale, CA 93550                                   | 2/2/2018<br>2/9/2018 | 10:15AM-12:15PM | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>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>Pacoima Family Resource Center</b><br>10807 San Fernando Road<br>Pacoima, CA 91331<br>(In the Zocalito Shopping Center) | 2/5/2018             | 11:30AM-1:30PM  | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro |



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|---|--------|--|-----------|-----------------|--|
| <b>Cold &amp; Flu (Spanish)</b> - This session helps adults understand the difference between a virus and bacteria, antibiotics and how to use them properly, antibiotic resistance, and how to relieve cold and flu symptoms without the use of antibiotics. | Adults | <b>Lynwood Family Resource Center</b><br>3180 E. Imperial Highway<br>Lynwood, CA 90262<br>(In Plaza Mexico)                | 2/23/2018 | 2:00PM-4:00PM   | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>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>Palmdale Family Resource Center</b><br>2072 East Palmdale Blvd.<br>Palmdale, CA 93550                                   | 3/2/2018  | 10:15AM-12:15PM | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro |
| <b>Burn Rubber (Spanish)</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.                  | Adults | <b>Pacoima Family Resource Center</b><br>10807 San Fernando Road<br>Pacoima, CA 91331<br>(In the Zocalito Shopping Center) | 3/5/2018  | 11:30AM- 1:30PM | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>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. | Adults         | <b>Lynwood Family Resource Center</b><br>3180 E. Imperial Highway<br>Lynwood, CA 90262<br>(In Plaza Mexico) | 3/9/2018  | 2:00PM-4:00PM    | Jesse Navarro<br>213.694.1250,<br>X 5132<br>jnavarro@lacare.org<br>Instructor: Jesse Navarro                    |
| <b>Diabetes Self-Management Training (DSMT)*</b> - This three (3) week session helps adults better manage their diabetes.                   | DLOB<br>Adults | <b>Lynwood Family Resource Center</b><br>3180 E. Imperial Highway<br>Lynwood, CA 90262                      | 3/16/18<br>3/23/18<br>3/30/18<br><br>June<br>(Friday) | 2:00PM-4:30PM SP | Marlene Rivera<br>213.694.1250, X<br>4927<br>mrivera@lacare.org<br><br>Instructor:<br>Diabetes Care<br>Partners |