



Health in Motion™ Calendar July - Sept 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
Know Your Medicines- This session helps adults understand the different types of medicines and their differences, the difference between generic and brand-name drugs, and ways to take medicines safely.	Adults	Boyle Heights FRC Wellness Center of the Historic General Hospital 1200 N. State St. Suite 1069 Los Angeles, CA 90333	7/17/2018	9:00AM-10:30AM SP 10:30AM-12:00PM EN	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro
My Healthy Bones (Spanish) - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Seniors	Boyle Heights FRC Wellness Center of the Historic General Hospital 1200 N. State St. Suite 1069 Los Angeles, CA 90333	7/19/2018	9:00AM-10:30AM SP 10:30AM-12:00PM EN	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro
Burn Rubber (Spanish) - 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	Lynwood Family Resource Center 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	7/27/2018	2:30PM-4:30PM	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro



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Group Appointment	Target	Location	Date(s)	Time	Contact
Love Your Heart - This session helps adults on how to prevent and manage high blood pressure and high cholesterol.	Adults	Boyle Heights FRC Wellness Center of the Historic General Hospital 1200 N. State St. Suite 1069 Los Angeles, CA 90333	8/22/2018	9:00AM-10:30AM EN 10:30AM-12:00PM SP	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro
My Healthy Bones (Spanish) - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Seniors	Lynwood Family Resource Center 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	8/31/2018	2:30PM-4:30PM	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro
Fall Prevention (Spanish) - 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	Lynwood Family Resource Center 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	9/28/2018	2:30PM-4:30PM	Marlene Rivera 213.694.1250, X 4927 mrivera@lacare.org Instructor: Jesse Navarro