



L.A. Care



BOYLE HEIGHTS Family Resource Center™

YOUR CENTER FOR HEALTH & WELLNESS

JANUARY

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid orange; padding: 10px;"> <p align="center">Are you an L.A. Care member? Come to an Orientation!</p> <p align="center">Learn about your Medi-Cal benefits and receive a FREE gift card.*</p> <p align="center"><small>*L.A. Care members will get a gift card only once for attending a Member Orientation class. One gift card per family. L.A. Care member (or guardian) must be present.</small></p> </div>		 CENTER CLOSED	1 Cardio Dance Exercise 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.	2 Registered Dietitian Consultations 8:30 a.m. - 4 p.m. Healthy Cooking 9 - 11 a.m. Spa. Cardio Dance Exercise 1st Class: 11 a.m. -12p.m. 2nd Class: 12:30-1:30p.m.	3 CPR / First Aid 9 a.m. - 12 p.m. Eng. Family Yoga 9:30 - 10:30 a.m.
6 Advanced Yoga 9 - 10 a.m. Aerobics Level 2: 11:30am - 12:30pm Level 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Eng./Spa.	7 Tai Chi 10:30 - 11:30 a.m. Cardio Dance Exercise 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.	8 Dance Fitness Level 2: 12 - 1 p.m. Level 1: 1:15 - 2:15 p.m.	9 Cardio Dance Exercise 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.	10 Registered Dietitian Consultations 8:30 a.m. - 4 p.m. Healthy Cooking 9 - 11 a.m. Spa. Cardio Dance Exercise 1st Class: 11 a.m. -12p.m. 2nd Class: 12:30-1:30p.m.	11 CPR / First Aid 9 a.m. - 12 p.m. Spa Family Yoga 9:30 - 10:30 a.m.
13 Advanced Yoga 9 - 10 a.m. What Are Your 2020 Plans For Your Smile? 10 - 11 a.m. Aerobics Level 2: 11:30am - 12:30pm Level 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Eng./Spa.	14 Tai Chi 10:30 - 11:30 a.m. Cardio Dance Exercise 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.	15 SOH Cooking Class 12 - 1 p.m. Dance Fitness Level 2: 12 - 1 p.m. Level 1: 1:15 - 2:15 p.m.	16 Cardio Dance Exercise 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.	17 Registered Dietitian Consultations 8:30 a.m. - 4 p.m. Healthy Cooking 9 - 11 a.m. Spa. Cardio Dance Exercise 1st Class: 11 a.m. -12p.m. 2nd Class: 12:30-1:30p.m.	 CENTER CLOSED
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27 Advanced Yoga 9 - 10 a.m. Aerobics Level 2: 11:30am - 12:30pm Level 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Eng./Spa.	28 Tai Chi 10:30 - 11:30 a.m. Cardio Dance Exercise 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.	29 Dance Fitness Level 2: 12 - 1 p.m. Level 1: 1:15 - 2:15 p.m.	30 Cardio Dance Exercise 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.	31 Registered Dietitian Consultations 8:30 a.m. - 4 p.m. Healthy Cooking 9 - 11 a.m. Spa. Cardio Dance Exercise 1st Class: 11 a.m. -12p.m. 2nd Class: 12:30-1:30p.m.	<div style="border: 2px solid orange; padding: 10px;"> <p>Classes in Blue qualify for the My Rewards for a Healthy Life Program.</p> <p>Classes in Red are by appointment and registration only.</p> </div>

FREE Health Education and Exercise Classes*

CPR/First Aid: Get your CPR and First Aid certification for adults, children and infants. You can register online at <https://acls123.com/free> or same day walk-in. Call **877.287.6290** for more information.

*Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

 The Wellness Center
1200 N. State St., Suite 1069
Los Angeles, CA 90033



Center Hours:
Monday to Friday: 8:30 a.m. - 5 p.m.
Saturday: 9 a.m. - 12 p.m.



877.287.6290
213.294.2840
lacare.org/frc

ENERO

2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>¿Es usted miembro de L.A. Care? ¡Venga a una Orientación! Aprenda sobre sus beneficios de Medi-Cal y obtenga un regalo.*</p> <p><small>*Los miembros de L.A. Care recibirán una tarjeta de regalo una vez por asistir a una Orientación para Miembros. Se entregará una tarjeta de regalo por familia. El Miembro (o tutor) de L.A. Care Deberá estar presente.</small></p>		 <p>CENTRO CERRADO</p>	<p>1 Baile de Ejercicio Cardio 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.</p>	<p>2 Consultas con Dietista Certificado 8:30 a.m. - 4 p.m. Cocina Saludable 9 - 11 a.m. Esp. Baile de Ejercicio Cardio Clase 1: 11 a.m. - 12 p.m. Clase 2: 12:30 - 1:30 p.m.</p>	<p>3 RCP/ Primeros Auxilios 9 a.m. - 12 p.m. Ing. Yoga Para Familias 9:30 - 10:30 a.m.</p>
<p>6 Yoga Avanzado 9 - 10 a.m. Aeróbicos Nivel 2: 11:30a.m.- 12:30pm Nivel 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Ing./Esp</p>	<p>7 Tai Chi 10:30 - 11:30 a.m. Baile de Ejercicio Cardio 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.</p>	<p>8 Baile Aeróbico Nivel 2: 12 - 1 p.m. Nivel 1: 1:15 - 2:15 p.m.</p>	<p>9 Baile de Ejercicio Cardio 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.</p>	<p>10 Consultas con Dietista Certificado 8:30 a.m. - 4 p.m. Cocina Saludable 9 - 11 a.m. Esp. Baile de Ejercicio Cardio Clase 1: 11 a.m. - 12 p.m. Clase 2: 12:30 - 1:30 p.m.</p>	<p>11 RCP/ Primeros Auxilios 9 a.m. - 12 p.m. Esp. Yoga Para Familias 9:30 - 10:30 a.m.</p>
<p>13 Yoga Avanzado 9 - 10 a.m. ¿Cuáles Son sus Planes de 2020 Para Su Sonrisa? 10 - 11 a.m. Aeróbicos Nivel 2: 11:30am - 12:30pm Nivel 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Ing./Esp.</p>	<p>14 Tai Chi 10:30 - 11:30 a.m. Baile de Ejercicio Cardio 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.</p>	<p>15 Clase de Cocina SOH 12 - 1 p.m. Baile Aeróbico Nivel 2: 12 - 1 p.m. Nivel 1: 1:15 - 2:15 p.m.</p>	<p>16 Baile de Ejercicio Cardio 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.</p>	<p>17 Consultas con Dietista Certificado 8:30 a.m. - 4 p.m. Cocina Saludable 9 - 11 a.m. Esp. Baile de Ejercicio Cardio Clase 1: 11 a.m. - 12 p.m. Clase 2: 2:30 - 1:30 p.m.</p>	 <p>CENTRO CERRADO</p>
 <p>CENTRO CERRADO</p>	<p>21 Tai Chi 10:30 - 11:30 a.m. Baile de Ejercicio Cardio 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.</p>	<p>22 Baile Aeróbico Nivel 2: 12 - 1 p.m. Nivel 1: 1:15 - 2:15 p.m.</p>	<p>23 Baile de Ejercicio Cardio 10:30 - 11:30 a.m. Yoga 12 - 1 p.m. Círculo de Bienestar – Trastorno por Uso de Sustancias 1 - 2 p.m Ing./Esp.</p>	<p>24 Consultas con Dietista Certificado 8:30 a.m. - 4 p.m. Cocina Saludable 9 - 11 a.m. Esp. Baile de Ejercicio Cardio Clase 1: 11 a.m. - 12 p.m. Clase 2: 2:30 - 1:30 p.m.</p>	<p>25 RCP/ Primeros Auxilios 9 a.m. - 12 p.m. Ing. Yoga Para Familias 9:30 - 10:30 a.m.</p>
<p>27 Yoga Avanzado 9 - 10 a.m. Aeróbicos Nivel 2: 11:30a.m.- 12:30pm Nivel 1: 12:45 - 1:45 p.m. Diabetes 2 - 3:30 p.m. Ing./Esp</p>	<p>28 Tai Chi 10:30 - 11:30 a.m. Baile de Ejercicio Cardio 12 - 1 p.m. Yoga 1:30 - 2:30 p.m.</p>	<p>29 Baile Aeróbico Nivel 2: 12 - 1 p.m. Nivel 1: 1:15 - 2:15 p.m.</p>	<p>30 Baile de Ejercicio Cardio 10:30 - 11:30 a.m. Yoga 12 - 1 p.m.</p>	<p>31 Consultas con Dietista Certificado 8:30 a.m. - 4 p.m. Cocina Saludable 9 - 11 a.m. Esp. Baile de Ejercicio Cardio Clase 1: 11 a.m. - 12 p.m. Clase 2: 2:30 - 1:30 p.m.</p>	<p>Las clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Rojo son por cita y registro solamente.</p>

Clases de Salud y Ejercicio GRATIS*

RCP / Primeros Auxilios: Obtenga su certificación de RCP y Primeros Auxilios para adultos, niños y bebés. Llame al **877.287.6290** para más información.

*Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

