



JANUARY

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>Are you an L.A. Care member? Come to an Orientation!</p> <p>Learn about your Medi-Cal benefits and receive a FREE gift card.*</p> <p><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 CPR/First Aid 10 a.m.-1 p.m. En. Carbohydrate Awareness 4-5 p.m. En./Sp. Kids' Boot Camp 4-5 p.m. Registered Dietitian Consultations 12-4 p.m.	2 Yoga 9:30-10:30 a.m. Diabetes Map 11 a.m.-12:30 p.m. En./Sp.	3 Cooking Matters for Kids 9:30-11 a.m. En. Family Fun Fitness 11:30 a.m.-12:30 p.m. Kids' Boot Camp 1-2 p.m.
6 Cooking Matters for Adults 9-10:30 a.m. Sp. Life Skills [3 of 9] 11 a.m.-12 p.m. Sp. Yoga 3-4 p.m. Zumba 5-6 p.m.	7 Mommy & Me 9:30-10:30 a.m. Cardio Dancercise 11 a.m.-12 p.m. Tai Chi for Seniors 2-3 p.m. Kids' Boot Camp 4-5 p.m. Alzheimer's 4-5 p.m.	8 Juicing for a Healthy Life 9-10:30 a.m. Sp. Breakthrough Parenting [4 of 10] 10 a.m.-12 p.m. Sp. Zumba 11 a.m.-12 p.m. Cardio Dancercise 12:30-1:30 p.m. Breakthrough Parenting [4 of 10] 4-6 p.m. En. Strong by Zumba 5-6 p.m.	9 Community Ambassador Advocacy Workshop [1 of 4] 9:30-11:30 a.m. Sp. Love Your Heart 4-5 p.m. En./Sp. Kids' Boot Camp 4-5 p.m. Registered Dietitian Consultations 12-4 p.m.	10 Yoga 9:30-10:30 a.m. Diabetes Map 11 a.m.-12:30 p.m. En./Sp.	11 Cooking Matters for Kids 9:30-11 a.m. En. Family Fun Fitness 11:30 a.m.-12:30 p.m. Kids' Boot Camp 1-2 p.m.
13 Blood Pressure and Glucose Screenings 9 a.m.-1 p.m. Medi-Cal Enrollment and Assistance 9 a.m.-1 p.m. Cooking Matters for Adults 9-10:30 a.m. Sp. Life Skills [4 of 9] 11 a.m.-12 p.m. Sp. Yoga 3-4 p.m. Zumba 5-6 p.m.	14 Mommy & Me 9:30-10:30 a.m. Cardio Dancercise 11 a.m.-12 p.m. Tai Chi for Seniors 2-3 p.m. Kids' Boot Camp 4-5 p.m.	15 Juicing for a Healthy Life 9-10:30 a.m. Sp. Breakthrough Parenting [5 of 10] 10 a.m.-12 p.m. Sp. Zumba 11 a.m.-12 p.m. Cardio Dancercise 12:30-1:30 p.m. Breakthrough Parenting [5 of 10] 4-6 p.m. En. Strong by Zumba 5-6 p.m.	16 Community Ambassador Advocacy Workshop [2 of 4] 9:30-11:30 a.m. Sp. CPR/First Aid 10 a.m.-1 p.m. Sp. My Plate for People With Diabetes 4-5 p.m. En./Sp. Kids' Boot Camp 4-5 p.m. Registered Dietitian Consultations 12-4 p.m.	17 Yoga 9:30-10:30 a.m. Diabetes Map 11 a.m.-12:30 p.m. En./Sp. Immunization and Vaccine Education 1-2:00 p.m.	 CENTER CLOSED
 CENTER CLOSED	20 Mommy & Me 9:30-10:30 a.m. Cardio Dancercise 11 a.m.-12 p.m. Oral Health Workshop: Oral Health and the Body 12:30-1:30 p.m. En./Sp. Tai Chi for Seniors 2-3 p.m. Kids' Boot Camp 4-5 p.m.	21 Juicing for a Healthy Life 9-10:30 a.m. Sp. Breakthrough Parenting [6 of 10] 10 a.m.-12 p.m. Sp. Zumba 11 a.m.-12 p.m. Cardio Dancercise 12:30-1:30 p.m. Breakthrough Parenting [6 of 10] 4-6 p.m. En. Strong by Zumba 5-6 p.m.	22 Community Ambassador Advocacy Workshop [3 of 4] 9:30-11:30 a.m. Sp. Weight Management 4-5 p.m. En./Sp. Kids' Boot Camp 4-5 p.m. Registered Dietitian Consultations 12-4 p.m.	23 Yoga 9:30-10:30 a.m. Diabetes Map 11 a.m.-12:30 p.m. En./Sp.	24 Cooking Matters for Kids 9:30-11 a.m. En. Family Fun Fitness 11:30 a.m.-12:30 p.m. Kids' Boot Camp 1-2 p.m.
27 Medi-Cal Enrollment and Assistance 9 a.m.-1 p.m. Cooking Matters for Adults 9-10:30 a.m. Sp. Life Skills [5 of 9] 11 a.m.-12 p.m. Sp. Yoga 3-4 p.m. Zumba 5-6 p.m.	28 Mommy & Me 9:30-10:30 a.m. Cardio Dancercise 11 a.m.-12 p.m. Tai Chi for Seniors 2-3 p.m. Kids' Boot Camp 4-5 p.m.	29 Juicing for a Healthy Life 9-10:30 a.m. Sp. Breakthrough Parenting [7 of 10] 10 a.m.-12 p.m. Sp. Zumba 11 a.m.-12 p.m. Cardio Dancercise 12:30-1:30 p.m. Breakthrough Parenting [7 of 10] 4-6 p.m. En. Strong by Zumba 5-6 p.m.	30 Community Ambassador Advocacy Workshop [4 of 4] 9:30-11:30 a.m. Sp. Carbohydrate Awareness 4-5 p.m. En./Sp. Kids' Boot Camp 4-5 p.m. Registered Dietitian Consultations 12-4 p.m.	31 Yoga 9:30-10:30 a.m. Diabetes Map 11 a.m.-12:30 p.m. En./Sp.	<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>

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+)

 4801 Whittier Blvd.
Los Angeles, CA 90022



Center Hours:
Monday - Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 2 p.m.



877.287.6290
213.438.5570
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 RCP/Primeros Auxilios 10 a.m.-1 p.m. Ing. Conciencia de Carbohidratos 4-5 p.m. Ing./Es. Boot Camp Para Niños 4-5 p.m. Consulta con Dietista Registrada 12-4 p.m.</p>	<p>2 Yoga 9:30 -10:30 a.m. Mapa de Diabetes 11 a.m.-12:30 p.m. Ing./Es.</p>	<p>3 Cocinando Saludable Para Niños 9:30-11 a.m. Ing. Ejercicio Divertido Para la Familia 11:30 a.m.-12:30 p.m. Boot Camp Para Niños 1-2 p.m.</p>
<p>6 Cocinando Saludable Para Adultos 9-10:30 a.m. Es. Habilidades Para la Vida [3 de 9] 11 a.m.-12 p.m. Es. Yoga 3-4 p.m. Zumba 5-6 p.m.</p>	<p>7 Mami y Yo 9:30-10:30 a.m. Ejercicio de Baile Cardiovascular 11 a.m.-12 p.m. Tai Chi Para Personas Mayores 2-3 p.m. Boot Camp Para Niños 4-5 p.m. Alzheimer 4-5 p.m.</p>	<p>8 Jugos Para Una Vida Sana 9-10:30 a.m. Es. Cultivando Familias [4 of 10] 10 a.m.-12 p.m. Es. Zumba 11 a.m.-12 p.m. Ejercicio de Baile Cardiovascular 12:30-1:30 p.m. Cultivando Familias [4 of 10] 4-6 p.m. Ing. Strong by Zumba 5-6 p.m.</p>	<p>9 Taller de Abogacía Para Embajador de la Comunidad [1 de 4] 9:30 -11:30 a.m. Es. Ame su Corazón 4-5 p.m. Ing./Es. Boot Camp Para Niños 4-5 p.m. Consulta con Dietista Registrada 12-4 p.m.</p>	<p>10 Yoga 9:30 -10:30 a.m. Mapa de Diabetes 11 a.m.-12:30 p.m. Ing./Es.</p>	<p>11 Cocinando Saludable Para Niños 9:30-11 a.m. Ing. Ejercicio Divertido Para la Familia 11:30 a.m.-12:30 p.m. Boot Camp Para Niños 1-2 p.m.</p>
<p>13 Examen de Presión Arterial y Glucosa 9 a.m.-1 p.m. Inscripción y Asistencia Para Medi-Cal 9 a.m.-1 p.m. Cocinando Saludable Para Adultos 9-10:30 a.m. Es. Habilidades Para la Vida [3 de 9] 11 a.m.-12 p.m. Es. Yoga 3-4 p.m. Zumba 5-6 p.m.</p>	<p>14 Mami y Yo 9:30-10:30 a.m. Ejercicio de Baile Cardiovascular 11 a.m.-12 p.m. Tai Chi Para Personas Mayores 2-3 p.m. Boot Camp Para Niños 4-5 p.m.</p>	<p>15 Jugos Para Una Vida Sana 9-10:30 a.m. Es. Cultivando Familias [5 of 10] 10 a.m.-12 p.m. Es. Zumba 11 a.m.-12 p.m. Ejercicio de Baile Cardiovascular 12:30-1:30 p.m. Cultivando Familias [5 of 10] 4-6 p.m. Ing. Strong by Zumba 5-6 p.m.</p>	<p>16 Taller de Abogacía Para Embajador de la Comunidad [2 de 4] 9:30 -11:30 a.m. Es. RCP/Primeros Auxilios 10 a.m.-1 p.m. Es. Mi Plato Para Personas Con Diabetes 4-5 p.m. Ing./Es. Boot Camp Para Niños 4-5 p.m. Consulta con Dietista Registrada 12-4 p.m.</p>	<p>17 Yoga 9:30 -10:30 a.m. Mapa de Diabetes 11 a.m.-12:30 p.m. Ing./Es. Educación Sobre Inmunización y Vacunas 1-2:00 p.m.</p>	 <p>CENTRO CERRADO</p>
 <p>CENTRO CERRADO</p>	<p>20 Mami y Yo 9:30-10:30 a.m. Ejercicio de Baile Cardiovascular 11 a.m.-12 p.m. Taller de Salud Dental: Salud Oral y Cuerpo 12:30-1:30 p.m. Ing./Es. Tai Chi Para Personas Mayores 2-3 p.m. Boot Camp Para Niños 4-5 p.m.</p>	<p>21 Jugos Para Una Vida Sana 9-10:30 a.m. Es. Cultivando Familias [6 of 10] 10 a.m.-12 p.m. Es. Zumba 11 a.m.-12 p.m. Ejercicio de Baile Cardiovascular 12:30-1:30 p.m. Cultivando Familias [6 of 10] 4-6 p.m. Ing. Strong by Zumba 5-6 p.m.</p>	<p>22 Taller de Abogacía Para Embajador de la Comunidad [3 de 4] 9:30 -11:30 a.m. Es. Control de Peso 4-5 p.m. Ing./Es. Boot Camp Para Niños 4-5 p.m. Consulta con Dietista Registrada 12- 4 p.m.</p>	<p>23 Yoga 9:30 -10:30 a.m. Mapa de Diabetes 11 a.m.-12:30 p.m. Ing./Es.</p>	<p>24 Cocinando Saludable Para Niños 9:30-11 a.m. Ing. Ejercicio Divertido Para la Familia 11:30 a.m.-12:30 p.m. Boot Camp Para Niños 1-2 p.m.</p>
<p>27 Cocinando Saludable Para Adultos 9-10:30 a.m. Es. Habilidades Para la Vida [5 de 9] 11 a.m.-12 p.m. Es. Yoga 3-4 p.m. Zumba 5-6 p.m.</p>	<p>28 Mami y Yo 9:30-10:30 a.m. Ejercicio de Baile Cardiovascular 11 a.m.-12 p.m. Tai Chi Para Personas Mayores 2-3 p.m. Boot Camp Para Niños 4-5 p.m.</p>	<p>29 Jugos Para Una Vida Sana 9-10:30 a.m. Es. Cultivando Familias [7 of 10] 10 a.m.-12 p.m. Es. Zumba 11 a.m.-12 p.m. Ejercicio de Baile Cardiovascular 12:30-1:30 p.m. Cultivando Familias [7 of 10] 4-6 p.m. Ing. Strong by Zumba 5-6 p.m.</p>	<p>30 Taller de Abogacía Para Embajador de la Comunidad [4 de 4] 9:30 -11:30 a.m. Es. Conciencia de Carbohidratos 4-5 p.m. Ing./Es. Boot Camp Para Niños 4-5 p.m. Consulta con Dietista Registrada 12-4 p.m.</p>	<p>31 Yoga 9:30 -10:30 a.m. Mapa de Diabetes 11 a.m.-12:30 p.m. Ing./Es.</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 / Primeros Auxilios para adultos, niños y bebés. Puede registrarse en línea en <https://acls123.com/free> o en el mismo día. 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+)

