



L.A. Care



EAST L.A. Family Resource Center™

YOUR CENTER FOR HEALTH & WELLNESS

# FEBRUARY

# 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes in <b>Blue</b> qualify for the My Rewards for a Healthy Life Program.</p> <p>Classes in <b>Red</b> are by appointment and registration only.</p>	<p><b>Are you an L.A. Care member? Come to an Orientation!</b></p> <p>Learn about your Medi-Cal benefits and receive a <b>FREE</b> 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>				<p><b>Cooking Matters for Kids</b> 9:30 - 11 a.m. En. <b>Family Fun Fitness</b> 11:30 a.m. - 12:30 p.m. <b>Kids' Boot Camp</b> 1 - 2 p.m.</p>
<p><b>Cooking Matters for Adults</b> 3 9 - 10:30 a.m. Sp. <b>Life Skills [6 of 9]</b> 11 a.m. - 12 p.m. Sp. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mommy &amp; Me</b> 4 9:30 - 10:30 a.m. <b>Cardio Dancercise</b> 11 a.m. - 12 p.m. <b>Tai Chi for Seniors</b> 2 - 3 p.m. <b>Kids' Boot Camp</b> 4 - 5 p.m. <b>Alzheimer's</b> 4 - 5 p.m.</p>	<p><b>Juicing for a Healthy Life</b> 5 9 - 10:30 a.m. Sp. <b>Breakthrough Parenting [8 of 10]</b> 10 a.m. - 2 p.m. Sp. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Cardio Dancercise</b> 12:30 - 1:30 p.m. <b>Breakthrough Parenting [8 of 10]</b> 4 - 6 p.m. En. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Community Ambassador Advocacy Workshop</b> 6 <b>[1 of 4]</b> 9:30 - 11:30 a.m. Sp. <b>CPR/First Aid</b> 10 a.m. - 1 p.m. En. <b>Love Your Heart</b> 4 - 5 p.m. En/Sp. <b>Kids' Boot Camp</b> 4 - 5 p.m. <b>Registered Dietitian Consultations</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 7 9:30 - 10:30 a.m. <b>Diabetes Map</b> 11 a.m. - 12:30 p.m. En./Sp.</p>	<p><b>Cooking Matters for Kids</b> 8 9:30 - 11 a.m. En. <b>Family Fun Fitness</b> 11:30 a.m. - 12:30 p.m. <b>Kids' Boot Camp</b> 1 - 2 p.m.</p>
<p><b>Blood Pressure and Glucose Screenings</b> 10 9 a.m. - 1 p.m. <b>Medi-Cal Enrollment and Assistance</b> 9 a.m. - 1 p.m. <b>Cooking Matters for Adults</b> 9 - 10:30 a.m. Sp. <b>Life Skills [7 of 9]</b> 11 a.m. - 12 p.m. Sp. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mommy &amp; Me</b> 11 9:30 - 10:30 a.m. <b>Cardio Dancercise</b> 11 a.m. - 12 p.m. <b>Tai Chi for Seniors</b> 2 - 3 p.m. <b>Kids' Boot Camp</b> 4 - 5 p.m.</p>	<p><b>Juicing for a Healthy Life</b> 12 9 - 10:30 a.m. Sp. <b>Breakthrough Parenting [9 of 10]</b> 10 a.m. - 12 p.m. Sp. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Cardio Dancercise</b> 12:30 - 1:30 p.m. <b>Breakthrough Parenting [9 of 10]</b> 4 - 6 p.m. En. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Community Ambassador Advocacy Workshop</b> 13 <b>[2 of 4]</b> 9:30 - 11:30 a.m. Sp. <b>My Plate for People With Diabetes</b> 4 - 5 p.m. En/Sp. <b>Kids' Boot Camp</b> 4 - 5 p.m. <b>Registered Dietitian Consultations</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 14 9:30 - 10:30 a.m. <b>Diabetes Map</b> 11 a.m. - 12:30 p.m. En./Sp.</p>	<p><b>CENTER CLOSED</b></p>
<p><b>PRESIDENT'S DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>Mommy &amp; Me</b> 17 9:30 - 10:30 a.m. <b>Cardio Dancercise</b> 11 a.m. - 12 p.m. <b>Oral Health Workshop: How Much Do You Love Your Smile?</b> 12:30 - 1:30 p.m. En./Sp. <b>Tai Chi for Seniors</b> 2 - 3 p.m. <b>Kids' Boot Camp</b> 4 - 5 p.m.</p>	<p><b>Juicing for a Healthy Life</b> 18 9 - 10:30 a.m. Sp. <b>Breakthrough Parenting [10 of 10]</b> 10 a.m. - 12 p.m. Sp. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Cardio Dancercise</b> 12:30 - 1:30 p.m. <b>Breakthrough Parenting [10 of 10]</b> 4 - 6 p.m. En. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Community Ambassador Advocacy Workshop</b> 19 <b>[3 of 4]</b> 9:30 - 11:30 a.m. Sp. <b>CPR/First Aid</b> 10 a.m. - 1 p.m. Sp. <b>CAC Meeting</b> 2 - 4:30 p.m. <b>Weight Management</b> 4 - 5 p.m. En/Sp. <b>Registered Dietitian Consultations</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 20 9:30 - 10:30 a.m. <b>Diabetes Map</b> 11 a.m. - 12:30 p.m. En./Sp.</p>	<p><b>Cooking Matters for Kids</b> 21 9:30 - 11 a.m. En. <b>Family Fun Fitness</b> 11:30 a.m. - 12:30 p.m. <b>Kids' Boot Camp</b> 1 - 2 p.m.</p>
<p><b>Medi-Cal Enrollment and Assistance</b> 24 9 a.m. - 1 p.m. <b>Cooking Matters for Adults</b> 9 - 10:30 a.m. Sp. <b>Life Skills [8 of 9]</b> 11 a.m. - 12 p.m. Sp. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mommy &amp; Me</b> 25 9:30 - 10:30 a.m. <b>Cardio Dancercise</b> 11 a.m. - 12 p.m. <b>Tai Chi for Seniors</b> 2 - 3 p.m. <b>Kids' Boot Camp</b> 4 - 5 p.m.</p>	<p><b>Juicing for a Healthy Life</b> 26 9 - 10:30 a.m. Sp. <b>Breakthrough Parenting [1 of 10]</b> 10 a.m. - 12 p.m. Sp. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Cardio Dancercise</b> 12:30 - 1:30 p.m. <b>Breakthrough Parenting [1 of 10]</b> 4 - 6 p.m. En. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Community Ambassador Advocacy Workshop</b> 27 <b>[4 of 4]</b> 9:30 - 11:30 a.m. Sp. <b>Carbohydrate Awareness</b> 4 - 5 p.m. En/Sp. <b>Kids' Boot Camp</b> 4 - 5 p.m. <b>Registered Dietitian Consultations</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 28 9:30 - 10:30 a.m. <b>Diabetes Map</b> 11 a.m. - 12:30 p.m. En./Sp.</p>	<p><b>Cooking Matters for Kids</b> 29 9:30 - 11 a.m. En. <b>Family Fun Fitness</b> 11:30 a.m. - 12:30 p.m. <b>Kids' Boot Camp</b> 1 - 2 p.m.</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](http://lacare.org/frc)

# FEBRERO

# 2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Las clases en <b>Azul</b> califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en <b>Rojo</b> son por cita y registro solamente.</p>	<p><b>¿Es usted miembro de L.A. Care? ¡Venga a una Orientación!</b></p> <p>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>Cocinando Saludable Para Niños 9:30 - 11 a.m. Ing. <b>Ejercicio Divertido Para la Familia</b> 11:30 a.m. - 12:30 p.m. <b>Boot Camp Para Niños</b> 1 - 2 p.m.</p>
<p><b>Cocinando Saludable Para Adultos</b> 3 9 - 10:30 a.m. Es. <b>Habilidades Para la Vida [6 de 9]</b> 11 a.m. - 12 p.m. Es. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mami y Yo</b> 4 9:30 - 10:30 a.m. <b>Ejercicio de Baile Cardiovascular</b> 11 a.m. - 12 p.m. <b>Tai Chi Para Personas Mayores</b> 2 - 3 p.m. <b>Boot Camp Para Niños</b> 4 - 5 p.m. <b>Alzheimer</b> 4 - 5 p.m.</p>	<p><b>Jugos Para Una Vida Sana</b> 5 9 - 10:30 a.m. Es. <b>Cultivando Familias [8 of 10]</b> 10 a.m. - 12 p.m. Es. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Ejercicio de Baile Cardiovascular</b> 12:30 - 1:30 p.m. <b>Cultivando Familias [8 of 10]</b> 4 - 6 p.m. Ing. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Taller de Abogacía Para Embajador de la Comunidad [1 de 4]</b> 6 9:30 - 11:30 a.m. Es. <b>RCP/Primeros Auxilios</b> 10 a.m. - 1 p.m. Ing. <b>Conciencia de Carbohidratos</b> 4 - 5 p.m. Ing./Es. <b>Boot Camp Para Niños</b> 4 - 5 p.m. <b>Consulta con Dietista Registrada</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 7 9:30 - 10:30 a.m. <b>Mapa de Diabetes</b> 11 a.m. - 12:30 p.m. Ing./Es.</p>	<p><b>Cocinando Saludable Para Niños</b> 8 9:30 - 11 a.m. Ing. <b>Ejercicio Divertido Para la Familia</b> 11:30 a.m. - 12:30 p.m. <b>Boot Camp Para Niños</b> 1 - 2 p.m.</p>
<p><b>Examen de Presión Arterial y Glucosa</b> 10 9 a.m. - 1 p.m. <b>Inscripción y Asistencia Para Medi-Cal</b> 9 a.m. - 1 p.m. <b>Cocinando Saludable Para Adultos</b> 9 - 10:30 a.m. Es. <b>Habilidades Para la Vida [7 de 9]</b> 11 a.m. - 12 p.m. Es. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mami y Yo</b> 11 9:30 - 10:30 a.m. <b>Ejercicio de Baile Cardiovascular</b> 11 a.m. - 12 p.m. <b>Tai Chi Para Personas Mayores</b> 2 - 3 p.m. <b>Boot Camp Para Niños</b> 4 - 5 p.m.</p>	<p><b>Jugos Para Una Vida Sana</b> 12 9 - 10:30 a.m. Es. <b>Cultivando Familias [9 of 10]</b> 10 a.m. - 12 p.m. Es. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Ejercicio de Baile Cardiovascular</b> 12:30 - 1:30 p.m. <b>Cultivando Familias [9 of 10]</b> 4 - 6 p.m. Ing. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Taller de Abogacía Para Embajador de la Comunidad [2 de 4]</b> 13 9:30 - 11:30 a.m. Es. <b>Ame su Corazón</b> 4 - 5 p.m. Ing./Es. <b>Boot Camp Para Niños</b> 4 - 5 p.m. <b>Consulta con Dietista Registrada</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 14 9:30 - 10:30 a.m. <b>Mapa de Diabetes</b> 11 a.m. - 12:30 p.m. Ing./Es.</p>	
 <p><b>CENTRO CERRADO</b></p>	<p><b>Mami y Yo</b> 17 9:30 - 10:30 a.m. <b>Ejercicio de Baile Cardiovascular</b> 11 a.m. - 12 p.m. <b>Taller de Salud Dental: ¿Cuánto Ama su Sonrisa?</b> 12:30 - 1:30 p.m. Ing./Es. <b>Tai Chi Para Personas Mayores</b> 2 - 3 p.m. <b>Boot Camp Para Niños</b> 4 - 5 p.m.</p>	<p><b>Jugos Para Una Vida Sana</b> 18 9 - 10:30 a.m. Es. <b>Cultivando Familias [10 of 10]</b> 10 a.m. - 12 p.m. Es. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Ejercicio de Baile Cardiovascular</b> 12:30 - 1:30 p.m. <b>Cultivando Familias [10 of 10]</b> 4 - 6 p.m. Ing. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Taller de Abogacía Para Embajador de la Comunidad [3 de 4]</b> 19 9:30 - 11:30 a.m. Es. <b>RCP/Primeros Auxilios</b> 10 a.m. - 1 p.m. Es. <b>Reunión CAC</b> 2 - 4:30 p.m. <b>Mi Plato Para Personas con Diabetes</b> 4 - 5 p.m. Ing./Es. <b>Consulta con Dietista Registrada</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 20 9:30 - 10:30 a.m. <b>Mapa de Diabetes</b> 11 a.m. - 12:30 p.m. Ing./Es.</p>	<p><b>Cocinando Saludable Para Niños</b> 21 9:30 - 11 a.m. Ing. <b>Ejercicio Divertido Para la Familia</b> 11:30 a.m. - 12:30 p.m. <b>Boot Camp Para Niños</b> 1 - 2 p.m.</p>
<p><b>Cocinando Saludable Para Adultos</b> 24 9 - 10:30 a.m. Es. <b>Inscripción y Asistencia Para Medi-Cal</b> 9 a.m. - 1 p.m. <b>Habilidades Para la Vida [8 de 9]</b> 11 a.m. - 12 p.m. Es. <b>Yoga</b> 3 - 4 p.m. <b>Zumba</b> 5 - 6 p.m.</p>	<p><b>Mami y Yo</b> 25 9:30 - 10:30 a.m. <b>Ejercicio de Baile Cardiovascular</b> 11 a.m. - 12 p.m. <b>Tai Chi Para Personas Mayores</b> 2 - 3 p.m. <b>Boot Camp Para Niños</b> 4 - 5 p.m.</p>	<p><b>Jugos Para Una Vida Sana</b> 26 9 - 10:30 a.m. Es. <b>Cultivando Familias [1 of 10]</b> 10 a.m. - 12 p.m. Es. <b>Zumba</b> 11 a.m. - 12 p.m. <b>Ejercicio de Baile Cardiovascular</b> 12:30 - 1:30 p.m. <b>Cultivando Familias [1 of 10]</b> 4 - 6 p.m. Ing. <b>Strong by Zumba</b> 5 - 6 p.m.</p>	<p><b>Taller de Abogacía Para Embajador de la Comunidad [4 de 4]</b> 27 9:30 - 11:30 a.m. Es. <b>Control de Peso</b> 4 - 5 p.m. Ing./Es. <b>Boot Camp Para Niños</b> 4 - 5 p.m. <b>Consulta con Dietista Registrada</b> 12 - 4 p.m.</p>	<p><b>Yoga</b> 28 9:30 - 10:30 a.m. <b>Mapa de Diabetes</b> 11 a.m. - 12:30 p.m. Ing./Es.</p>	<p><b>Cocinando Saludable Para Niños</b> 29 9:30 - 11 a.m. Ing. <b>Ejercicio Divertido Para la Familia</b> 11:30 a.m. - 12:30 p.m. <b>Boot Camp Para Niños</b> 1 - 2 p.m.</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+)

