



L.A. Care



PALMDALE
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 style="text-align: center;">Are you an L.A. Care member? Come to an Orientation!</p> <p style="text-align: center;">Learn about your Medi-Cal benefits and receive a FREE gift card.*</p> <p style="font-size: 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.</p> </div>		 CENTER CLOSED	1 Boot Camp 9 - 10 a.m. Juicing for a Healthy Life 10:15 - 11:45 a.m. Spa. Healthy Cooking 11:45 a.m. - 1:45 p.m. Spa.	2 Zumba 9 - 10 a.m. Fit Family Boot Camp 5 - 6 p.m.	3 Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.
6 Zumba 9 - 10 a.m. CPR/First Aid 10:30 a.m. - 1:30 p.m. Spa. Parent Café 10:30 a.m. - 12 p.m. Spa.	7 Zumba 9 - 10 a.m. Wellness Nutrition Consultations Eng./Spa. 9:15 a.m. - 1:15 p.m. Breakthrough Parenting 10:15 - 11:45 a.m. Eng. Anger Management 12 - 1:30 p.m. Eng. Healthy Cooking: Healthy Weight For Adults [Class 1 of 4] 2 - 4 p.m. Eng.	8 Zumba 9 - 10 a.m. Cardio Kickboxing 4 - 5 p.m. Fit Family Boot Camp 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Call or come in for an appointment.</i>	9 Zumba 9 - 10 a.m. Juicing for a Healthy Life 10:15 - 11:45 a.m. Eng./Spa. Healthy Cooking 11:45 a.m. - 1:45 p.m. Spa.	10 Zumba 9 - 10 a.m. Fit Family Boot Camp 5 - 6 p.m.	11 Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.
13 Zumba 9 - 10 a.m. CPR/First Aid 10:30 a.m. - 1:30 p.m. Eng. Parent Café 10:30 a.m. - 12 p.m. Eng.	14 Zumba 9 - 10 a.m. Wellness Nutrition Consultations Eng./Spa. 9:15 a.m. - 1:15 p.m. Breakthrough Parenting 10:15 - 11:45 a.m. Eng. Anger Management 12 - 1:30 p.m. Eng. Healthy Cooking: Healthy Weight For Adults [Class 2 of 4] 2 - 4 p.m. Eng.	15 Zumba 9 - 10 a.m. Strength Training 4 - 5 p.m. Fit Family Boot Camp 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Call or come in for an appointment.</i>	16 Boot Camp 9 - 10 a.m. Juicing for a Healthy Life 10:15 - 11:45 a.m. Spa. Healthy Cooking 11:45 a.m. - 1:45 p.m. Spa.	17 Zumba 9 - 10 a.m. Fit Family Boot Camp 5 - 6 p.m.	 CENTER CLOSED
 CENTER CLOSED	20 Zumba 9 - 10 a.m. Wellness Nutrition Consultations Eng./Spa. 9:15 a.m. - 1:15 p.m. Breakthrough Parenting 10:15 - 11:45 a.m. Eng. Anger Management 12 - 1:30 p.m. Eng. Healthy Cooking: Healthy Weight For Adults [Class 3 of 4] 2 - 4 p.m. Eng.	21 Zumba 9 - 10 a.m. New Member Orientation 10:15 - 11:15 a.m. Eng./Spa. Cardio Kickboxing 4 - 5 p.m. Fit Family Boot Camp 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Call or come in for an appointment.</i>	22 Zumba 9 - 10 a.m. Juicing for a Healthy Life 10:15 - 11:45 a.m. Eng./Spa. Healthy Cooking 11:45 a.m. - 1:45 p.m. Spa.	23 Zumba 9 - 10 a.m. CPR/First Aid 10:30 a.m. - 1:30 p.m. Eng. Fit Family Boot Camp 5 - 6 p.m.	24 Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.
27 Zumba 9 - 10 a.m. Parent Café 10:30 a.m. - 12 p.m. Spa.	28 Zumba 9 - 10 a.m. Wellness Nutrition Consultations Eng./Spa. 9:15 a.m. - 1:15 p.m. Breakthrough Parenting 10:15 - 11:45 a.m. Eng. Anger Management 12 - 1:30 p.m. Eng. Healthy Cooking: Healthy Weight For Adults [Class 4 of 4] 2 - 4 p.m. Eng.	29 Zumba 9 - 10 a.m. Strength Training 4 - 5 p.m. Fit Family Boot Camp 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Call or come in for an appointment.</i>	30 Boot Camp 9 - 10 a.m. Juicing for a Healthy Life 10:15 - 11:45 a.m. Spa. Healthy Cooking 11:45 a.m. - 1:45 p.m. Spa.	31 Zumba 9 - 10 a.m. What Are Your 2020 Plans for Your Smile? 10:15 - 11:15 a.m. Spa. Fit Family Boot Camp 5 - 6 p.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. 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+)



2072 E. Palmdale Blvd.
Palmdale, CA 93550



Center Hours:

Mon - Fri: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 12 p.m.



877.287.6290
213.438.5580
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>1</p>  <p>CENTRO CERRADO</p>	<p>2</p> <p>Boot Camp 9 - 10 a.m. Jugos Para Una Vida Sana 10:15 - 11:45 a.m. Esp. Cocinando Saludable 11:45 a.m. - 1:45 p.m. Esp.</p>	<p>3</p> <p>Zumba 9 - 10 a.m. Boot Camp Para Familias Sanas 5 - 6 p.m.</p>	<p>4</p> <p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</p>
<p>6</p> <p>Zumba 9 - 10 a.m. Café de Padres 10:30 a.m. - 12 p.m. Esp. RCP/Primeros Auxilios 10:30 a.m. - 1:30 p.m. Esp.</p>	<p>7</p> <p>Zumba 9 - 10 a.m. Consultas de Nutrición y Bienestar Esp./Ing. 9:15 a.m. - 1:15 p.m. Cultivando Familias 10:15 - 11:45 a.m. Ing. Grupo de Manejo del Enojo 12 - 1:30 p.m. Ing. Cocinando Saludable: Peso Saludable Para Adultos [Clase 1 de 4] 2 - 4 p.m. Ing.</p>	<p>8</p> <p>Zumba 9 - 10 a.m. Cardio Kickboxing 4 - 5 p.m. Boot Camp Para Familias Sanas 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Llame o venga y haga una cita.</i></p>	<p>9</p> <p>Zumba 9 - 10 a.m. Jugos Para Una Vida Sana 10:15 - 11:45 a.m. Esp./Ing. Cocinando Saludable 11:45 a.m. - 1:45 p.m. Esp.</p>	<p>10</p> <p>Zumba 9 - 10 a.m. Boot Camp Para Familias Sanas 5 - 6 p.m.</p>	<p>11</p> <p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</p>
<p>13</p> <p>Zumba 9 - 10 a.m. Café de Padres 10:30 a.m. - 12 p.m. Ing. RCP/Primeros Auxilios 10:30 a.m. - 1:30 p.m. Ing.</p>	<p>14</p> <p>Zumba 9 - 10 a.m. Consultas de Nutrición y Bienestar Esp./Ing. 9:15 a.m. - 1:15 p.m. Cultivando Familias 10:15 - 11:45 a.m. Ing. Grupo de Manejo del Enojo 12 - 1:30 p.m. Ing. Cocinando Saludable: Peso Saludable Para Adultos [Clase 2 de 4] 2 - 4 p.m. Ing.</p>	<p>15</p> <p>Zumba 9 - 10 a.m. Entrenamiento de Fuerza 4 - 5 p.m. Boot Camp Para Familias Sanas 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Llame o venga y haga una cita.</i></p>	<p>16</p> <p>Boot Camp 9 - 10 a.m. Jugos Para Una Vida Sana 10:15 - 11:45 a.m. Esp. Cocinando Saludable 11:45 a.m. - 1:45 p.m. Esp.</p>	<p>17</p> <p>Zumba 9 - 10 a.m. Boot Camp Para Familias Sanas 5 - 6 p.m.</p>	<p>18</p>  <p>CENTRO CERRADO</p>
<p>20</p>  <p>CENTRO CERRADO</p>	<p>21</p> <p>Zumba 9 - 10 a.m. Consultas de Nutrición y Bienestar Esp./Ing. 9:15 a.m. - 1:15 p.m. Cultivando Familias 10:15 - 11:45 a.m. Ing. Grupo de Manejo del Enojo 12 - 1:30 p.m. Ing. Cocinando Saludable: Peso Saludable Para Adultos [Clase 3 de 4] 2 - 4 p.m. Ing.</p>	<p>22</p> <p>Zumba 9 - 10 a.m. Orientación Para Miembro Nuevo 10:15 - 11:15 a.m. Esp./Ing. Cardio Kickboxing 4 - 5 p.m. Boot Camp Para Familias Sanas 5 - 6 p.m. DPSS-Medi-Cal/CalFRESH 9 a.m. - 4 p.m. <i>Llame o venga y haga una cita.</i></p>	<p>23</p> <p>Zumba 9 - 10 a.m. Jugos Para Una Vida Sana 10:15 - 11:45 a.m. Esp./Ing. Cocinando Saludable 11:45 a.m. - 1:45 p.m. Esp.</p>	<p>24</p> <p>Zumba 9 - 10 a.m. RCP/Primeros Auxilios 10:30 a.m. - 1:30 p.m. Ing. Boot Camp Para Familias Sanas 5 - 6 p.m.</p>	<p>25</p> <p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</p>
<p>27</p> <p>Zumba 9 - 10 a.m. Café de Padres 10:30 a.m. - 12 p.m. Esp.</p>	<p>28</p> <p>Zumba 9 - 10 a.m. Consultas de Nutrición y Bienestar Esp./Ing. 9:15 a.m. - 1:15 p.m. Cultivando Familias 10:15 - 11:45 a.m. Ing. Grupo de Manejo del Enojo 12 - 1:30 p.m. Ing. Cocinando Saludable: Peso Saludable Para Adultos [Clase 4 de 4] 2 - 4 p.m. Ing.</p>	<p>29</p> <p>Zumba 9 - 10 a.m. Entrenamiento de Fuerza 4 - 5 p.m. Boot Camp Para Familias Sanas 5 - 6 p.m.</p>	<p>30</p> <p>Boot Camp 9 - 10 a.m. Jugos Para Una Vida Sana 10:15 - 11:45 a.m. Esp. Cocinando Saludable 11:45 a.m. - 1:45 p.m. Esp.</p>	<p>31</p> <p>Zumba 9 - 10 a.m. ¿Cuáles Son Sus Planes Para su Sonrisa en el 2020? 10:15 - 11:15 a.m. Esp. Boot Camp Para Familias Sanas 5 - 6 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+)

