



L.A. Care



PALMDALE
Family Resource Center™

**YOUR CENTER FOR
HEALTH & WELLNESS**

FEBRUARY

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>	<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>				<p>Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.</p>
<p>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. Eng.</p>	<p>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: Eating for a Healthy Heart [Class 1 of 4] 2 - 4 p.m. Eng.</p>	<p>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></p>	<p>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.</p>	<p>Zumba 9 - 10 a.m. Fit Family Resistance Band Workout 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.</p>
<p>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. Spa.</p>	<p>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: Eating for a Healthy Heart [Class 2 of 4] 2 - 4 p.m. Eng.</p>	<p>Zumba 9 - 10 a.m. Together in Compliance: L.A. Care Members 10:15 a.m. - 11:15 a.m. Eng./Spa. 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></p>	<p>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.</p>	<p>Zumba 9 - 10 a.m. Fit Family Resistance Band Workout 4 - 5 p.m.</p>	<p>CENTER CLOSED</p>
<p>PRESIDENT'S DAY CENTER CLOSED</p>	<p>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: Eating for a Healthy Heart [Class 3 of 4] 2 - 4 p.m. Eng.</p>	<p>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></p>	<p>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.</p>	<p>CAC Meeting 10 a.m. - 12:30 p.m. Fit Family Resistance Band Workout 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.</p>
<p>Zumba 9 - 10 a.m. Parent Café 10:30 a.m. - 12 p.m. Eng.</p>	<p>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: Eating for a Healthy Heart [Class 4 of 4] 2 - 4 p.m. Eng.</p>	<p>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></p>	<p>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.</p>	<p>Zumba 9 - 10 a.m. How Much Do You Love Your Smile? 10:15 - 11:15 a.m. Spa. CPR/First Aid 10:30 a.m. - 1:30 p.m. Eng. Fit Family Resistance Band Workout 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Family Fun Fitness 10:10 - 11:10 a.m.</p>

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



L.A. Care



PALMDALE

Centro de Recursos Familiares™

SU CENTRO DE SALUD Y BIENESTAR

FEBRERO

2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Las clases en Azul califican para el programa más recompensas para una vida sana.</p> <p>Las clases en Rojo son por cita y registro solamente.</p>					<p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</p>
<p>¿Es usted miembro de L.A. Care? ¡Venga a una Orientación!</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>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. Esp.</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: Comer Para un Corazón Sano [Clase 1 de 4] 2 - 4 p.m. Ing.</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>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>Zumba 9 - 10 a.m. Entrenamiento con Banda de Resistencia Para Familias Sanas 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</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. Ing.</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: Comer Para un Corazón Sano [Clase 2 de 4] 2 - 4 p.m. Ing.</p>	<p>Zumba 9 - 10 a.m. Juntos en Cumplimiento: Miembros de L.A. Care 10:15 - 11:15 a.m. Esp./Ing 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>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>Zumba 9 - 10 a.m. Entrenamiento con Banda de Resistencia Para Familias Sanas 4 - 5 p.m.</p>	
 <p>CENTRO CERRADO</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: Comer Para un Corazón Sano [Clase 3 de 4] 2 - 4 p.m. Ing.</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>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>Junta de CAC 10 a.m. - 12:30 p.m. Entrenamiento con Banda de Resistencia Para Familias Sanas 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</p>
<p>Zumba 9 - 10 a.m. Café de Padres 10:30 a.m. - 12 p.m. Ing.</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: Comer Para un Corazón Sano [Clase 4 de 4] 2 - 4 p.m. Ing.</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>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>Zumba 9 - 10 a.m. ¿Cuánto Ama su Sonrisa? 10:15 - 11:15 a.m. Esp. RCP/Primeros Auxilios 10:30 a.m. - 1:30 p.m. Ing. Entrenamiento con Banda de Resistencia Para Familias Sanas 4 - 5 p.m.</p>	<p>Zumba 9 - 10 a.m. Ejercicio Divertido Para la Familia 10:10 - 11:10 a.m.</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+)

2072 E. Palmdale Blvd.
Palmdale, CA 93550



Horario del Centro:
Lun a Vie: 9 a.m. a 6 p.m.
Sábado: 9 a.m. a 12 p.m.



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