



May

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in blue and red qualify for the My Rewards for a Healthy Life Program.	1 Boot Camp 9-10 a.m. 2 Cooking Matters [Class 6 of 6] 10:15 a.m.-12:15 p.m. Eng./Sp. 3 CPR/First Aid 2-5 p.m. Sp. 4 Breakthrough Parenting Series [Class 6 of 10] 3:30-5:30 p.m. Sp.	2 Zumba 9-10 a.m. 3 DEEP [Class 2 of 6] 10:15 a.m.-12:15 p.m. Eng. 4 Strength Training 4-5 p.m. 5 Boot Camp 5-6 p.m. (Kid Friendly) 6 DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	3 Zumba 9-10 a.m. 4 Arterial Pressure 10:05 - 11:05 a.m. Sp.	4 Zumba 9-10 a.m. 5 My Healthy Bones * 10:15 a.m. -12:15 p.m. Sp. 6 Kids' Boot Camp 5-6 p.m.	5 Comparing Artificial Sweeteners 9-10 a.m. Eng./Sp. 6 Zumba 10-11 a.m. 7 Registered Dietitian Consultations 11 a.m.- 1 p.m.
7 Zumba 9-10 a.m. 8 Nutrition Labels 10:05 - 11:05 a.m. Sp.	8 Boot Camp 9-10 a.m. 9 Cooking Matters [Class 1 of 6] 10:15 a.m.-12:15 p.m. Eng. 10 Breakthrough Parenting Series [Class 7 of 10] 3:30-5:30 p.m. Sp.	9 Zumba 9-10 a.m. 10 DEEP [Class 3 of 6] 10:15 a.m.-12:15 p.m. Eng. 11 Diabetes Care Partners * 1-3:30 p.m. Sp. 12 Strength Training 4-5 p.m. 13 Boot Camp 5-6 p.m. (Kid Friendly) 14 DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	10 Zumba 9-10 a.m. 11 (Pre) Menopause 10:05 - 11:05 a.m. Sp.	11 Zumba 9-10 a.m. 12 Mother's Day Celebration 3-4:30 p.m. 13 Kids' Boot Camp 5-6 p.m.	12 Herbal Supplements: Are They Safe? - Part 1 9-10 a.m. Eng./Sp. 13 Zumba 10-11 a.m. 14 Registered Dietitian Consultations 11 a.m.- 1 p.m.
14 Zumba 9-10 a.m. 15 Breakfast and Its Importance 10:05 - 11:05 a.m. Sp.	15 Boot Camp 9-10 a.m. 16 Cooking Matters [Class 2 of 6] 10:15 a.m.-12:15 p.m. Eng. 17 CPR/First Aid 2-5 p.m. Eng. 18 Breakthrough Parenting Series [Class 8 of 10] 3:30-5:30 p.m. Sp.	16 Zumba 9-10 a.m. 17 Mental Health Awareness Month 10 -11 a.m. Eng./Sp. 18 DEEP [Class 4 of 6] 10:15 a.m.-12:15 p.m. Eng. 19 Diabetes Care Partners * 1-3:30 p.m. Sp. 20 Strength Training 4-5 p.m. 21 Boot Camp 5-6 p.m. (Kid Friendly) 22 DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	17 Zumba 9-10 a.m. 18 Dairy Options 10:05 - 11:05 a.m. Sp. 19 Video and Discussion: Lost Memories 1-2 p. m. Sp.	18 Zumba 9-10 a.m. 19 My Plate * 10:15 a.m. -12:15 p.m. Eng. 20 Kids' Boot Camp 5-6 p.m.	19 Herbal Supplements- Are They Safe? Part 2 9-10 a.m. Eng./Sp. 20 Zumba 10-11 a.m. 21 Registered Dietitian Consultations 11 a.m.- 1 p.m.
21 Zumba 9-10 a.m. 22 Washing Your Hands, Fruits and Vegetables 10:05 - 11:05 a.m. Sp.	22 Boot Camp 9-10 a.m. 23 Cooking Matters [Class 3 of 6] 10:15 a.m.-12:15 p.m. Eng. 24 Breakthrough Parenting Series [Class 9 of 10] 3:30-5:30 p.m. Sp.	23 Zumba 9-10 a.m. 24 DEEP [Class 5 of 6] 10:15 a.m.-12:15 p.m. Eng. 25 Diabetes Care Partners * 1-3:30 p.m. Sp. 26 Strength Training 4-5 p.m. 27 Boot Camp 5-6 p.m. (Kid Friendly) 28 DPSS- Medi-Cal/CalFRESH 9 a.m.-5:00 p.m.	24 Zumba 9-10 a.m. 25 Migraines 10:05 - 11:05 a.m. Sp.	25 Zumba 9-10 a.m. 26 Oral Health 10:15 -11:15 a.m. Sp. 27 Kids' Boot Camp 5-6 p.m.	26 Center Closed
28 Memorial Day Center Closed	29 Boot Camp 9-10 a.m. 30 Cooking Matters [Class 4 of 6] 10:15 a.m.-12:15 p.m. Eng. 31 Breakthrough Parenting Series [Class 10 of 10] 3:30-5:30 p.m. Sp.	30 Zumba 9-10 a.m. 31 DEEP [Class 6 of 6] 10:15 a.m.-12:15 p.m. Eng. 2 Strength Training 4-5 p.m. 3 Boot Camp 5-6 p.m. (Kid Friendly) 4 DPSS- Medi-Cal/CalFRESH 9 a.m.-5:00 p.m.	31 Zumba 9-10 a.m. 1 Carbohydrates, Sugars and Fats 10:05 - 11:05 a.m. Sp.	<p>Are you an L.A. Care Member? Come to an Orientation! Learn about your Medi-Cal benefits and receive a gift.*</p> <p>*L.A. Care member will get a gift card once for attending a Member Orientation class. One gift per family. L.A. Care member (or guardian) must be present.</p>	

Free Education and Exercise Classes Class space is limited (first come, first serve).

Classes are subject to change, rescheduling or cancellation without notice. **Child care is provided while you attend a class.**



- ▶ **CPR/First Aid-** Save a life! Get certified for CPR-First Aid for adults, children and infants. Online registration available at <http://www.acls123.com/free> or same day walk-in. (Only a maximum of 15 walk-ins can join on the same day.)
- ▶ **Diabetes Care Partners-** This (3) session series will help adults diagnosed with diabetes better manage and control their condition. (L.A. Care Members Only) *
- ▶ **Wellness Circle - Mental Health Awareness Month-** Discussing the importance of mental health conditions in our community and ways we can strengthen our sense of community.
- ▶ **My Healthy Bones-** This session helps adults understand what osteoporosis is and what they can do to maintain bone health. (L.A. Care Members Only) *
- ▶ **My Plate-** Learn how to plan a healthy and balanced meal with a fun interactive activity. (L.A. Care Members Only) *
- ▶ **Mother's Day Celebration-** Join us on May 11th as we celebrate mothers across our community!





Mayo

2018

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
<p>Clases en azul y rojo califican para el programa Mi Premio por una Vida Sana.</p>	<p>Boot Camp 9-10 a.m. 1</p> <p>Cocinando Saludable [Clase 6 de 6] 10:15 a.m.-12:15 p.m. Ing./Esp.</p> <p>RCP/Primeros Auxilios 2-5 p.m. Esp.</p> <p>Serie Cultivando Familias [Clase 6 de 10] 3:30-5:30 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 2</p> <p>DEEP [Clase 2 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Entrenamiento de Fuerza 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Adecuado Para Niños)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 3</p> <p>Presión Arterial 10:05 -11:05 a.m. Esp.</p>	<p>Zumba 9-10 a.m. 4</p> <p>Mis Huesos Sanos * 10:15 a.m. -12:15 p.m. Esp.</p> <p>Boot Camp Para Niños 5-6 p.m.</p>	<p>Comparando Edulcorantes Artificiales 9-10a.m. Ing./Esp.</p> <p>Zumba 10-11 a.m.</p> <p>Dietista Registrada-Consultas 11 a.m.- 1 p.m. Ing./Esp.</p>	
	<p>Zumba 9-10 a.m. 7</p> <p>Etiquetas Nutricionales 10:05 -11:05 a.m. Esp.</p>	<p>Boot Camp 9-10 a.m. 8</p> <p>Cocinando Saludable [Clase 1 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Serie Cultivando Familias [Clase 7 de 10] 3:30-5:30 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 9</p> <p>DEEP [Clase 3 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Diabetes Care Partners * 1-3:30 p.m. Esp.</p> <p>Entrenamiento de Fuerza 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Adecuado Para Niños)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 10</p> <p>(Pre) Menopausia 10:05 -11:05 a.m. Esp.</p>	<p>Zumba 9-10 a.m. 11</p> <p>Celebración Del Día De Las Madres 3-4:30 p.m.</p> <p>Boot Camp Para Niños 5-6 p.m.</p>	<p>Suplementos a Base de Hierbas: ¿Son Seguros?- Parte 1 9-10a.m. Ing./Esp.</p> <p>Zumba 10-11 a.m.</p> <p>Dietista Registrada-Consultas 11 a.m.- 1 p.m. Ing./Esp.</p>
	<p>Zumba 9-10 a.m. 14</p> <p>El Desayuno y Su Importancia 10:05 -11:05 a.m. Esp.</p>	<p>Boot Camp 9-10 a.m. 15</p> <p>Cocinando Saludable [Clase 2 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>RCP/Primeros Auxilios 2-5 p.m. Ing.</p> <p>Serie Cultivando Familias [Clase 8 de 10] 3:30-5:30 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 16</p> <p>Mes de Concientización de la Salud Mental 10 -11 a.m. Eng./Sp.</p> <p>DEEP [Clase 4 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Diabetes Care Partners * 1-3:30 p.m. Esp.</p> <p>Entrenamiento de Fuerza 4-5p.m.</p> <p>Boot Camp 5-6 p.m. (Adecuado Para Niños)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 17</p> <p>Opciones Lácteas 10:05 -11:05 a.m. Esp.</p> <p>Video y Discusión: Memorias Perdidas 1 -2 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 18</p> <p>Mi Plato * 10:15 a.m. -12:15 p.m. Ing.</p> <p>Boot Camp Para Niños 5-6 p.m.</p>	<p>Suplementos a Base de Hierbas: ¿Son Seguros?- Parte 2 9-10a.m. Ing./Esp.</p> <p>Zumba 10-11 a.m.</p> <p>Dietista Registrada-Consultas 11 a.m.- 1 p.m. Ing./Esp.</p>
	<p>Zumba 9-10 a.m. 21</p> <p>Lavarse Las Manos, Frutas y Vegetables 10:05 -11:05 a.m. Esp.</p>	<p>Boot Camp 9-10 a.m. 22</p> <p>Cocinando Saludable [Clase 3 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Serie Cultivando Familias [Clase 9 de 10] 3:30-5:30 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 23</p> <p>DEEP [Clase 5 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Diabetes Care Partners * 1-3:30 p.m. Esp.</p> <p>Entrenamiento de Fuerza 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Adecuado Para Niños)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 24</p> <p>Migrañas 10:05 -11:05 a.m. Esp.</p>	<p>Zumba 9-10 a.m. 25</p> <p>Salud Oral 10:15 -11:15 a.m. Esp.</p> <p>Boot Camp Para Niños 5-6 p.m.</p>	<p>Centro Cerrado 26</p> 
	<p>Día Conmemorativo 28</p>  <p>Centro Cerrado</p>	<p>Boot Camp 9-10 a.m. 29</p> <p>Cocinando Saludable [Clase 4 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Serie Cultivando Familias [Clase 10 de 10] 3:30-5:30 p.m. Esp.</p>	<p>Zumba 9-10 a.m. 30</p> <p>DEEP [Clase 6 de 6] 10:15 a.m.-12:15 p.m. Ing.</p> <p>Entrenamiento de Fuerza 4-5 p.m.</p> <p>Boot Camp 5-6 p.m. (Adecuado Para Niños)</p> <p>DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.</p>	<p>Zumba 9-10 a.m. 31</p> <p>Carbohidratos, Azúcares y Grasas 10:05 -11:05 a.m. Esp.</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>*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</p>	

Clases GRATIS de Salud y Ejercicio

*Espacio de las clases es limitado (primero en llegar, primero en servir).

Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. **Cuidado de niños disponible durante las clases.**

- ▶ **RCP/Primeros Auxilios-** ¡Salve una vida! Obtenga su certificación en RCP y Primeros Auxilios para adultos, niños y bebés. Regístrese en línea: <http://www.acls123.com/free> o preséntese al centro el mismo día. **(Solamente tomamos 15 participantes el mismo día)**
- ▶ **Diabetes Care Partners** Esta serie de 3 sesiones ayudará a los adultos diagnosticados con diabetes a manejar y controlar mejor su condición. **(Miembros de L.A. Care Solamente) ***
- ▶ **Grupo de Bienestar- Mes de Concientización Sobre la Salud Mental** Esta clase discutirá la importancia de las condiciones de salud mental en nuestra comunidad y las formas en que podemos fortalecer nuestro sentido de comunidad.
- ▶ **Mis Huesos Sanos** Esta sesión ayuda a los adultos a comprender qué es la osteoporosis y qué pueden hacer para mantener la salud de los huesos. **(Miembros de L.A. Care Solamente) ***
- ▶ **Mi Plato** Aprenda como planificar una comida saludable y balanceada con una actividad divertida e interactiva. **(Miembros de L.A. Care Solamente) ***
- ▶ **Celebración del Día de Las Madres-** Acompañenos el 11 de Mayo mientras celebramos a las madres de nuestra comunidad.



En el Towne Square
2072 East Palmdale Blvd.
Palmdale CA 93550



Horario del centro:
Lunes a Viernes: 9 a.m. - 6 p.m.
Sábado: 9 a.m. - 1 p.m.



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