Health in Motion™ Calendar July- September 2017

L.A. Care members are special. That's why we offer special wellness programs and services. Members can get printed health brochures and can go to ***Health In Motion*** ™ Member Only Workshops- all for **FREE**.
Workshops are restricted to members belonging to a specific provider if the class is conducted at a provider's site *

Group Appointment	Target	Location	Date(s)	Time	Contact
Little Sugar in the Blood, Spanish (Series 1) - This **two week session class** helps adults understand pre-diabetes basics; risk factors, symptoms, knowing blood sugar numbers, and ways to prevent or manage diabetes.	Adults	**Pacoima Family Resource Center** 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	7/12/2017 & 7/19/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Little Sugar in the Blood, Spanish (Series 1) - This **two week session class** helps adults understand pre-diabetes basics; risk factors, symptoms, knowing blood sugar numbers, and ways to prevent or manage diabetes.	Adults	**Palmdale Family Resource Center** 2072 East Palmdale Blvd. Palmdale, CA 93550	7/14/2017 & 7/21/2017	11:00AM-1:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Asthma (Spanish) - This session helps parents and their children understand risk factors, asthma attack prevention, medication adherence, and using peak flow meters and spacers.	Adults	**Palmdale Family Resource Center** 2072 East Palmdale Blvd. Palmdale, CA 93550	7/14/2017	1:00PM-3:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro

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COPD (Spanish) - This session helps adults understand COPD basics, common symptoms, and ways to slow the progression of COPD.	Adults	**Palmdale Family Resource Center** 2072 East Palmdale Blvd. Palmdale, CA 93550	7/21/2017	1:00PM-3:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Little Sugar in the Blood, Spanish (Series 2) - This **two week session class** helps adults understand pre-diabetes basics; risk factors, symptoms, knowing blood sugar numbers, and ways to prevent or manage diabetes.	Adults	**Palmdale Family Resource Center** 2072 East Palmdale Blvd. Palmdale, CA 93550	7/24/2017 & 7/31/2017	11:00AM-1:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Little Sugar in the Blood, Spanish (Series 2) - This **two week session class** helps adults understand pre-diabetes basics; risk factors, symptoms, knowing blood sugar numbers, and ways to prevent or manage diabetes.	Adults	**Pacoima Family Resource Center** 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	7/26/2017 & 8/2/2017	1:00PM-3:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro

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My Healthy Bones (Spanish) - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Adults	**Lynwood Family Resource Center** 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	7/28/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Asthma - This session helps parents and their children understand risk factors, asthma attack prevention, medication adherence, and using peak flow meters and spacers.	Senior	**Boyle Heights Family Resource Center** **Wellness Center of the** Historic General Hospital 1200 N. State St. Suite 1069 Los Angeles, CA 90033	8/8/2017	9:30AM-10:30AM SP 2:30PM-3:30PM EN	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Healthier Living (English) - This **6-week session class** teaches skills for chronic disease management. It includes nutrition, setting goals and how to communicate effectively with family members and providers.	Adults	**Inglewood Family Resource Center** 3111 W. Century Blvd Inglewood, CA 90303	8/15, 8/22, 8/29, 9/5, 9/13, 9/19 **6 week Session class**	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructors: Jesse Navarro & Monica Aguilar

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Asthma (Spanish) - This session helps parents and their children understand risk factors, asthma attack prevention, medication adherence, and using peak flow meters and spacers.	Adults	**Pacoima Family Resource Center** 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	8/16/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Love Your Heart (Spanish) - This session helps adults understand how to prevent and manage high blood pressure and high cholesterol.	Adult	**Lynwood Family Resource Center** 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	8/25/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Stronger and Wiser- Fall Prevention for Mature Adults - This session helps adults understand the risk factors of falling, what they can do to keep themselves safe from a fall, and home safety modifications that may reduce the risk of a fall.	Senior	**Boyle Heights Family Resource Center** **Wellness Center of the** Historic General Hospital 1200 N. State St. Suite 1069 Los Angeles, CA 90033	9/12/2017	9:30AM-10:30AM SP 2:30PM-3:30PM EN	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro

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Caring for a Loved One with Dementia (English)- This **two (2) week session class** helps caregivers of individuals newly diagnosed with dementia understand what to expect over time, how to deal with difficult behavior, how to reduce caregiver stress, and advanced planning for the person with dementia.	Senior Adults	**Lynwood Family Resource Center** 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	9/22/2017 & 9/29/2017	10:00AM- 12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Monica Aguilar