Health In Motion^{IM}



Health in Motion[™] Calendar October - December 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* TM 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
My Healthy Bones (Spanish) - This	Senior	Palmdale Family	10/6/2017	11:00AM-1:00PM	Jesse Navarro
session helps adults understand what	Adults	Resource Center			213.694.1250,
osteoporosis is and what they can do to		2072 East Palmdale Blvd.			X 5132
maintain bone health.		Palmdale, CA 93550			jnavarro@lacare.org
					Instructor: Jesse
					Navarro
Love Your Heart (Spanish) - This session	Adults	Pacoima Family	10/18/2017	10:00AM-12:00PM	Jesse Navarro
helps adults understand how to prevent		Resource Center			213.694.1250,
and manage high blood pressure and		10807 San Fernando Road			X 5132
high cholesterol.		Pacoima, CA 91331			jnavarro@lacare.org
		(In the Zocalito Shopping			Instructor: Jesse
		Center)			Navarro
Fall Prevention for Adults (Spanish) -	Adults	Lynwood Family Resource	10/27/2017	10:00AM-12:00PM	Jesse Navarro
This session helps adults understand the		Center			213.694.1250,
risk factors of falling, what they can do		3180 E. Imperial Highway			X 5132
to keep themselves safe from a fall, and		Lynwood, CA 90262			jnavarro@lacare.org
home safety modifications that may		(In Plaza Mexico)			Instructor: Jesse
reduce the risk of a fall.					Navarro

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Group Appointment	Target	Location	Date(s)	Time	Contact
Burn Rubber (Spanish) - This session helps seniors "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet the needs of the senior population.	Adults	Palmdale Family Resource Center 2072 East Palmdale Blvd. Palmdale, CA 93550	11/3/2017	11:00AM-1:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Burn Rubber (Spanish) - This session helps seniors "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet the needs of the senior population.	Adults	Lynwood Family Resource Center 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	11/17/2017	2:00PM-4:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
My Healthy Bones (Spanish) - This session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Seniors	Pacoima Family Resource Center 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	11/29/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro

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Group Appointment	Target	Location	Date(s)	Time	Contact
Love Your Heart (Spanish) - This session	Adults	Palmdale Family	12/1/2017	11:00AM-1:00PM	Jesse Navarro
helps adults understand how to prevent		Resource Center			213.694.1250,
and manage high blood pressure and		2072 East Palmdale Blvd.			X 5132
high cholesterol.		Palmdale, CA 93550			jnavarro@lacare.org
					Instructor: Jesse
					Navarro
Burn Rubber (Spanish) - This session	Senior	Pacoima Family	12/13/2017	10:00AM- 12:00PM	Jesse Navarro
helps seniors "burn" calories with the	Adults	Resource Center			213.694.1250,
use of a "rubber" resistance band.		10807 San Fernando Road			X 5132
Popular resistance band exercises have		Pacoima, CA 91331			jnavarro@lacare.org
been modified to perform in a chair to		(In the Zocalito Shopping			Instructor: Jesse
meet the needs of the senior population.		Center)			Navarro
Love Your Heart (Spanish) - This session	Adults	Lynwood Family Resource	12/15/2017	2:00PM- 4:00PM	Jesse Navarro
helps adults understand how to prevent		Center			213.694.1250,
and manage high blood pressure and		3180 E. Imperial Highway			X 5132
high cholesterol.		Lynwood, CA 90262			jnavarro@lacare.org
		(In Plaza Mexico)			Instructor: Jesse
					Navarro