



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*™ 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 session helps adults understand what osteoporosis is and what they can do to maintain bone health.	Senior Adults	Palmdale Family Resource Center 2072 East Palmdale Blvd. Palmdale, CA 93550	10/6/2017	11:00AM-1:00PM	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.	Adults	Pacoima Family Resource Center 10807 San Fernando Road Pacoima, CA 91331 (In the Zocalito Shopping Center)	10/18/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro
Fall Prevention for Adults (Spanish) - 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.	Adults	Lynwood Family Resource Center 3180 E. Imperial Highway Lynwood, CA 90262 (In Plaza Mexico)	10/27/2017	10:00AM-12:00PM	Jesse Navarro 213.694.1250, X 5132 jnavarro@lacare.org Instructor: Jesse Navarro

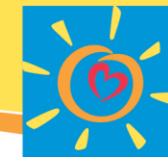


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Group Appointment	Target	Location	Date(s)	Time	Contact
Burn Rubber (Spanish) - This session helps seniors "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet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