

August

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Spotlight: Join us August 4 from 9 a.m. - 12 p.m. at our Back-to-School Community Fair. We will be giving away backpacks for children and will have community resources and entertainment.		Zumba 9-10 a.m. 1 Wellness Circle- How Depression Can Affect Children and Teens 10 –11 a.m. Sp. Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly)	Zumba 9-10 a.m. 2 Slow Down and Think About Fast Food 10:05 - 11:05 a.m. Sp. Parent Café 11:30 a.m.-1:30 p.m. Sp. Kids Cooking Matters: Kitchen Heroes [Class 6 of 6] 11:30 a.m.-1:30 p.m. Eng.	Zumba 9-10 a.m. 3 New Member Orientation 10:15 - 11:15 a.m. Eng./Sp.	Back-to-School Community Fair 9 a.m.-12 p.m. 
Zumba 9-10 a.m. 6 Make Meals Healthier 10:05 - 11:05 a.m. Eng.	Parent Café 9-11 a.m. Sp. Cooking Matters [Class 6 of 6] 11:15 a.m.-1:15 p.m. Sp. CPR/First Aid 2-5 p.m. Sp. Boot Camp 5 -6 p.m.	Zumba 9-10 a.m. 8 Diabetes Care Partners 11 a.m. - 12 p.m. Sp. Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 9 Make Meals Healthier 10:05 - 11:05 a.m. Sp. Parent Café 11:30 a.m.-1:30 p.m. Sp.	Zumba 9-10 a.m. 10 Kids' Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 11 Registered Dietitian Consultations 9 – 10 a.m. Eating Right for a Healthier Weight- Part 1 10–11 a.m. Eng./Sp. Registered Dietitian Consultations 12 - 1 p.m.
Zumba 9-10 a.m. 13 Eating Foods In-Season 10:05 - 11:05 a.m. Eng.	Parent Café 9-11 a.m. Eng. Cooking Matters [Class 1 of 6] 11:15 a.m.-1:15 p.m. Eng. Boot Camp 5 -6 p.m.	Zumba 9-10 a.m. 15 Wellness Circle- Managing Stress in Our Daily Lives 10 –11 a.m. Eng. Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 16 Eating Foods In-Season 10:05 - 11:05 a.m. Sp. Parent Café 11:30 a.m.-1:30 p.m. Sp. Memory Loss & Alzheimer's 1 -2 p.m. Sp.	CAC Meeting 10 a.m. - 12:30 p.m. Kids' Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 18 Registered Dietitian Consultations 9 – 10 a.m. Eating Right for a Healthier Weight- Part 2 10–11 a.m. Eng./Sp. Registered Dietitian Consultations 12– 1 p.m.
Zumba 9-10 a.m. 20 Your Risk for Type 2 Diabetes 10:05 - 11:05 a.m. Eng.	Parent Café 9-11 a.m. Sp. Cooking Matters [Class 2 of 6] 11:15 a.m.-1:15 p.m. Eng. CPR/First Aid 2-5 p.m. Eng. Boot Camp 5 -6 p.m.	Zumba 9-10 a.m. 22 Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 23 Your Risk for Type 2 Diabetes 10:05 - 11:05 a.m. Sp. Parent Café 11:30 a.m.-1:30 p.m. Sp.	Zumba 9-10 a.m. 24 Oral Health Education 1 -2 p.m. Sp. Kids' Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 25 Registered Dietitian Consultations 9 – 10 a.m. Eating Better on a Budget- Part 1 10–11 a.m. Eng./Sp. Registered Dietitian Consultations 12 – 1 p.m.
Zumba 9-10 a.m. 27 Diabetes and Travel 10:05 - 11:05 a.m. Eng.	Parent Café 9-11 a.m. Eng. Cooking Matters [Class 3 of 6] 11:15 a.m.-1:15 p.m. Eng. Boot Camp 5 -6 p.m.	Zumba 9-10 a.m. 29 Strength Training 4-5 p.m. Boot Camp 5-6 p.m. (Kid Friendly) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 30 Diabetes and Travel 10:05 - 11:05 a.m. Sp. Parent Café 11:30 a.m.-1:30 p.m. Sp.	Zumba 9-10 a.m. 31 Kids' Boot Camp 5-6 p.m.	Classes in blue qualify for the My Rewards for a Healthy Life Program.

Free Education and Exercises 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.)
- L.A. Care Member Orientation-** Attend a member orientation and learn what your health plan has to offer. You will learn how to make doctor changes, health plan changes, and how to access information about your health plan online. A \$10 gift card will be given to members who attend. (One gift card per family; refer an L.A. Care Member and receive a prize)
- Wellness Circle** - Join our wellness circles and learn about topics such as mental health, depression, and anxiety. You will also learn how to cope with stress, daily challenges and ways to strengthen your sense of community. L.A. Care members will learn more about their Behavioral Health Benefits.
- Parent Café-** Join our parent café where parents come together and support one another! Come connect, share ideas, and learn ways to strengthen your family.
- Memory Loss & Alzheimer's–** An overview of Alzheimer's disease and its effect. Learn about the difference between normal aging and signs of dementia, the diagnosis process and treatment options.

Agosto

2018

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Enfoque del Mes: ¡Acompañenos el 4 de Agosto de 9 a.m. a 12 p.m. en nuestra Casa Abierta de Regreso a la Escuela! Vamos a regalar mochilas para niños y tendremos recursos de la comunidad y entretenimiento.		Zumba 9-10 a.m. 1 Grupo de Bienestar: Como la Depresión Puede Afectar a Niños y Adolescentes 10-11 a.m. Esp. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños)	Zumba 9 -10 a.m. 2 Despacio, Piense Sobre la Comida Rápida 10:05 -11:05 a.m. Esp. Café de Padres 11:30 a.m.-1:30 p.m. Esp. Cocinando Saludable Para Niños: Héroes de la Cocina [Clase 6 de 6] 11:30 a.m. – 1:30 p.m. Ing.	Zumba 9-10 a.m. 3 Orientación Para Nuevos Miembros 10:15 -11:15 a.m. Ing./Esp.	Feria Comunitaria de Regreso a la Escuela 4 9 a.m. - 12 p.m. 
Zumba 9-10 a.m. 6 Haga las Comidas Más Saludables 10:05 -11:05 a.m. Ing.	Café de Padres 7 9-11 a.m. Esp. Cocinando Saludable [Clase 6 de 6] 11:15 a.m.–1:15 p.m. Esp. RCP/Primeros Auxilios 2-5 p.m. Esp. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 8 Diabetes Care Partners 11 a.m. - 12 p.m. Esp. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 9 Haga las Comidas Más Saludables 10:05 -11:05 a.m. Esp. Café de Padres 11:30 a.m.-1:30 p.m. Esp.	Zumba 10 9-10 a.m. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 11 Dietista Registrada– Consultas 9-10 a.m. Comer Bien Para un Peso Más Saludable- Parte 1 10-11a.m. Ing./Esp. Dietista Registrada– Consultas 12– 1 p.m.
Zumba 9-10 a.m. 13 Comiendo Alimentos en Temporada 10:05 -11:05 a.m. Ing.	Café de Padres 14 9-11 a.m. Ing. Cocinando Saludable [Clase 1 de 6] 11:15 a.m.–1:15 p.m. Ing. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 15 Grupo de Bienestar: Manejando el Estrés en Nuestras Vidas Diarias 10–11 a.m. Ing. Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 16 Comiendo Alimentos En Temporada 10:05 -11:05 a.m. Esp. Café de Padres 11:30 a.m.-1:30 p.m. Esp. La Memoria y Alzheimer's 1 -2 p.m. Esp.	Junta Del CAC 17 10 a.m. - 12:30 p.m. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 18 Dietista Registrada– Consultas 9-10 a.m. Comer Bien Para un Peso Más Saludable- Parte 2 10-11a.m. Ing./Esp. Dietista Registrada- Consultas 12– 1 p.m.
Zumba 9-10 a.m. 20 Su Riesgo de Diabetes Tipo 2 10:05 -11:05 a.m. Ing.	Café de Padres 21 9-11 a.m. Esp. Cocinando Saludable [Clase 2 de 6] 11:15 a.m.–1:15 p.m. Ing. RCP/Primeros Auxilios 2-5 p.m. Ing.	Zumba 9-10 a.m. 22 Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 23 Su Riesgo de Diabetes Tipo 2 10:05 -11:05 a.m. Esp. Café de Padres 11:30 a.m.-1:30 p.m. Esp.	Zumba 9-10 a.m. 24 Educación de Salud Oral 1 -2 p.m. Esp. Boot Camp Para Niños 5-6 p.m.	Zumba 9-10 a.m. 25 Dietista Registrada– Consultas 9-10 a.m. Comer Mejor en un Presupuesto- Parte 1 10-11a.m. Ing./Esp. Dietista Registrada– Consultas 12- 1 p.m.
Zumba 9-10 a.m. 27 Diabetes y Viajes 10:05 -11:05 a.m. Ing.	Café de Padres 28 9-11 a.m. Ing. Cocinando Saludable [Clase 3 de 6] 11:15 a.m.–1:15 p.m. Esp. Boot Camp 5-6 p.m.	Zumba 9-10 a.m. 29 Entrenamiento de Fuerza 4-5 p.m. Boot Camp 5-6 p.m. (Adecuado Para Niños) DPSS- Medi-Cal/CalFRESH 9 a.m.-5 p.m.	Zumba 9-10 a.m. 30 Diabetes y Viajes 10:05 -11:05 a.m. Esp. Café de Padres 11:30 a.m.-1:30 p.m. Esp.	Zumba 9-10 a.m. 31 Boot Camp Para Niños 5-6 p.m.	Clases en azul califican para el programa Mi Premio por una Vida Sana.

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)**

Orientación Para Miembros de L.A. Care-

Si no ha recibido una orientación antes, entonces ¡esta clase es perfecta para usted! Asista a nuestra orientación y descubra que ofrece su plan de salud, cómo cambiar su médico y/o su plan médico. Se le otorgará una tarjeta de regalo de \$10 a miembros que atiendan. **(Solo una tarjeta de regalo por familia; refiera un miembro de L.A. Care y reciba un premio)**

Grupo de Bienestar-

Únase a nuestros grupos de bienestar y aprenda sobre temas como la salud mental, la depresión y ansiedad. También aprenderá a lidiar con el estrés, los desafíos diarios y las formas de fortalecer su sentido de comunidad. Los miembros aprenderán más sobre sus Beneficios de Salud Mental.

Café de Padres-

¡Únase a nuestro café de padres donde los padres se juntan y se apoyan! Venga a conectar con otros padres, compartir ideas, y aprender la manera de reforzar su familia.

La Memoria y Alzheimer-

Aprenda sobre la enfermedad de Alzheimer y sus efectos. Conozca las causas de la pérdida de memoria, la demencia, y cómo prepararse cuando visite a su doctor.