L.A. Care HEALTH PLAN | blue california Promise Health Plan

EAST L.A. JULY 2022

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in **BLUE** qualify for the My Rewards for a Healthy Life Program Classes in **GREEN** are by appointment and registration only.				1 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. **Yoga** 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. **Strong by Zumba** 12:30-1:30 p.m. Nutrition and You 2-3 p.m. Eng.	2 CENTER CLOSED
4 INDEPENDENCE DAY CENTER CLOSED	5 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Mommy & Me 9:30-10:30 a.m. Childhood Disorders: Other Disorders 10-11 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Kid's Boot Camp** 4-5 p.m.	6 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Juicing for a Healthy Life 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Pilates** 1:30 -2:30 p.m. Breakthrough Parenting Virtual 4 -6 p.m. Eng.	7 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Child Development Class 9:30-11 a.m. Eng. & Spa. CPR & First Aid 10 a.m. -1 p.m. Eng. **Tai Chi** 2 -3 p.m. **Family Boot Camp** 3-4 p.m. **Kid's Boot Camp** 4-5 p.m. Pediatric Nutrition 4-5 p.m. Eng.	8 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. **Yoga** 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. **Strong by Zumba** 12:30-1:30 p.m. Nutrition and You 2-3 p.m. Eng.	9 CENTER CLOSED
11 **Member Services** 9 a.m. -4 p.m. Cooking Matters 9-10:30 a.m. Spa. Life Skills 11 a.m. -12 p.m. Spa. **Circuit Training for Adults** 12:30-1:30 p.m. Cooking Matters for Kids 2-3:30 p.m. Eng. **Yoga** 4 -5 p.m.	12 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Mommy & Me 9:30-10:30 a.m. Immigration, Adaptation, and Resilience 10-11 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Kid's Boot Camp** 4-5 p.m.	13 **Member Services** 9 a.m. -4 p.m. Juicing for a Healthy Life 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Pilates** 1:30 -2:30 p.m. Breakthrough Parenting Virtual 4 -6 p.m. Eng.	14 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. **Tai Chi** 2-3 p.m. **Family Boot Camp** 3-4 p.m. **Kid's Boot Camp** 4-5 p.m. Pediatric Nutrition 4-5 p.m. Eng.	15 **Member Services** 9 a.m. -4 p.m. **Yoga** 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. **Strong by Zumba** 12:30-1:30 p.m. Nutrition and You 2-3 p.m. Eng.	16 CENTER CLOSED
18 **Member Services** 9 a.m. -4 p.m. Cooking Matters 9-10:30 a.m. Spa. Life Skills 11 a.m. -12 p.m. Spa. **Circuit Training for Adults** 12:30-1:30 p.m. Cooking Matters for Kids 2-3:30 p.m. Eng. **Yoga** 4 -5 p.m.	19 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Mommy & Me 9:30-10:30 a.m. Mental Health and Stigma 10-11 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Kids Boot Camp** 4-5 p.m.	20 **Member Services** 9 a.m. -4 p.m. Juicing for a Healthy Life 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Pilates** 1:30 -2:30 p.m. Breakthrough Parenting Virtual 4 -6 p.m. Eng.	21 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. CPR & First Aid 10 a.m. -1 p.m. Spa. **Tai Chi** 2 -3 p.m. **Family Boot Camp** 3-4 p.m. **Kid's Boot Camp** 4-5 p.m. Pediatric Nutrition 4-5 p.m. Eng.	22 **Member Services** 9 a.m. -4 p.m. **Yoga** 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. **Food Pantry** 11 a.m. -3 p.m. Nutrition and You 2-3 p.m. Eng.	23 CENTER CLOSED
25 **Member Services** 9 a.m. -4 p.m. Cooking Matters 9-10:30 a.m. Spa. Life Skills 11 a.m. -12 p.m. Spa. **Circuit Training for Adults** 12:30-1:30 p.m. Cooking Matters for Kids 2-3:30 p.m. Eng. **Yoga** 4 -5 p.m.	26 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. Mommy & Me 9:30-10:30 a.m. COVID -19 time and our emotional well -being 10-11 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Kid's Boot Camp** 4-5 p.m.	27 **Member Services** 9 a.m. -4 p.m. Juicing for a Healthy Life 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. **Zumba** 11:30 a.m. -12:30 p.m. **Pilates** 1:30 -2:30 p.m. Breakthrough Parenting Virtual 4 -6 p.m. Eng.	28 Enrollment Services 9 a.m. -4 p.m. **Member Services** 9 a.m. -4 p.m. **Tai Chi** 2-3 p.m. **Family Boot Camp** 3-4 p.m. **Kid's Boot Camp** 4-5 p.m. Pediatric Nutrition 4-5 p.m. Spa.	29 **East L.A. College** Stadium Lot 2000 Bleakwood Ave, Monterey Park, CA 91754 BACK TO SCHOOL EVENT 10AM - 2PM	30 CRC YouTube

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE, HEALTHY & INFORMED

4801 WHITTIER BLVD
LOS ANGELES, CA 90022

CENTER HOURS:
MONDAY-FRIDAY: **9 A.M.– 5 P.M.**
SATURDAY: **CLOSED**

213.438.5570
activehealthyinformed.org

EAST L.A.

JULIO 2022

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
				1 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. **Yoga** 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. **Strong by Zumba** 12:30-1:30 p.m. Nutrición y Tú 2-3 p.m. Ing.	2 CENTRO CERRADO
4 DÍA DE INDEPENDENCIA CENTRO CERRADO	5 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. Mami y Yo 9:30-10:30 a.m. Trastornos de la Niñez: Otros Trastornos 10-11 a.m. Esp. **Zumba** 11:30 a.m. - 12:30 p.m. **Boot Camp Para Niños** 4-5 p.m.	6 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. Jugos Para Una Vida Sana 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. **Zumba** 11:30 a.m. - 12:30 p.m. **Pilates** 1:30 - 2:30 p.m. Cultivando Familias Virtual 4-6 p.m. Ing.	7 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. Clase de Desarrollo Infantil 9:30-11 a.m. Ing. & Esp. RCP y Primeros Auxilios 10 a.m. - 1 p.m. Ing. **Tai Chi** 2 - 3 p.m. **Boot Camp Para Familias** 3-4 p.m. **Boot Camp Para Niños** 4-5 p.m. Nutrición Pediátrica 4-5 p.m. Ing.	8 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. **Yoga** 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. **Strong by Zumba** 12:30-1:30 p.m. Nutrición y Tú 2-3 p.m. Ing.	9 CENTRO CERRADO
11 **Servicios Para Miembros** 9 a.m. - 4 p.m. Cocinando Saludable 9-10:30 a.m. Esp. Habilidades Para la Vida 11 a.m. - 12 p.m. Esp. **Circuito de Entrenamiento para Adultos** 12:30-1:30 p.m. Cocinando Saludable Para Niños 2-3:30 p.m. Ing. **Yoga** 4 - 5 p.m.	12 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. Mami y Yo 9:30-10:30 a.m. Inmigración, Adaptación, y Resiliencia 10-11 a.m. Esp. **Zumba** 11:30 a.m. - 12:30 p.m. **Boot Camp Para Niños** 4-5 p.m.	13 **Servicios Para Miembros** 9 a.m. - 4 p.m. Jugos Para Una Vida Sana 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. **Zumba** 11:30 a.m. - 12:30 p.m. **Pilates** 1:30 - 2:30 p.m. Cultivando Familias Virtual 4-6 p.m. Ing.	14 Servicios de Inscripción 9 a.m. - 4 p.m. **Servicios Para Miembros** 9 a.m. - 4 p.m. **Tai Chi** 2-3 p.m. **Boot Camp Para Familias** 3-4 p.m. **Boot Camp Para Niños** 4-5 p.m. Nutrición Pediátrica 4-5 p.m. Ing.	15 **Servicios Para Miembros** 9 a.m. - 4 p.m. **Yoga** 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. - 12 p.m. Ing. **Strong by Zumba** 12:30-1:30 p.m. Nutrición y Tú 2-3 p.m. Ing.	16 CENTRO CERRADO
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La clases en **Azul** califican para el programa mis recompensas para una vida sana.

Las clases en **Verde** son por cita y registro solamente.

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO, SALUDABLE E INFORMADO

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SÁBADO: **CERRADO**

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