



PACOIMA FEBRUARY 2022

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 2px solid orange; padding: 5px;"> <p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p> </div>	1 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	2 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	3 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. Sp.	4 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m. CPR & First Aid 8:30 a.m. — 11:30 a.m. En.	5 CPR & First Aid 8:30 a.m. — 11:30 a.m. En.
	7 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	8 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	9 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	10 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. Sp.	11 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.
14 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	15 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	16 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	17 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2 - 4 p.m. Sp.	18 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m. CPR & First Aid 8:30 a.m. — 11:30 a.m. Sp.	<div style="border: 2px solid orange; padding: 10px; text-align: center;"> CENTER CLOSED </div>
<div style="border: 2px solid orange; padding: 10px; text-align: center;"> PRESIDENT'S DAY CENTER CLOSED </div>	21 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	22 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	23 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. Sp.	24 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	
	28 Enrollment and Member Services 9:00 a.m. — 4:00 p.m. Yoga Therapy 9:00 a.m. — 4:00 p.m. Breakthrough Parenting Series 2—4 p.m. En.	* Call our center to register for our virtual classes			

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**

10807 SAN FERNANDO RD.,
PACOIMA, CA 91331

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

213.438.5497
activehealthyinformed.org



PACOIMA FEBRERO 2022

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>La clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>	<p>Servicios de Inscripción y para Miembros 1 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 2 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>Servicios de Inscripción y para Miembros 3 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Es.</p>	<p>Servicios de Inscripción y para Miembros 4 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p> <p>RCP y Primeros Auxilios 8:30 a.m. — 11:30 a.m. Ing.</p>	<p>RCP y Primeros Auxilios 5 8:30 a.m. — 11:30 a.m. Ing.</p>
<p>Servicios de Inscripción y para Miembros 7 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 8 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 9 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>Servicios de Inscripción y para Miembros 10 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Es.</p>	<p>Servicios de Inscripción y para Miembros 11 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Servicios de Inscripción y para Miembros 14 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 15 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 16 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>Servicios de Inscripción y para Miembros 17 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Es.</p>	<p>Servicios de Inscripción y para Miembros 18 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p> <p>RCP y Primeros Auxilios 8:30 a.m. — 11:30 a.m. Es.</p>	<p>CENTRO CERRADO</p>
<p>DÍA DE LOS PRESIDENTES CENTRO CERRADO</p>	<p>Servicios de Inscripción y para Miembros 21 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>	<p>Servicios de Inscripción y para Miembros 22 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>Servicios de Inscripción y para Miembros 23 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Es.</p>	<p>Servicios de Inscripción y para Miembros 24 9:00 a.m. — 4:00 p.m.</p> <p>Orientación para Miembros 9:00 a.m. — 4:00 p.m.</p>	<p>CENTRO CERRADO</p>
<p>Servicios de Inscripción y para Miembros 28 9:00 a.m. — 4:00 p.m.</p> <p>Yogaterapia 9:00 — 10:00 a.m.</p> <p>Serie Cultivando Familias 2—4 p.m. Ing.</p>					

* Clases virtual llamar al Centro para registrarse

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**



10807 SAN FERNANDO RD,
PACOIMA, CA 91331



HORARIO DEL CENTRO:
LUNES A VIERNES: 9 A.M. - 5 P.M.
SÁBADO: CERRADO



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