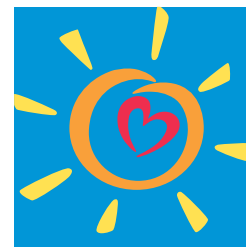


# FAMILY RESOURCE CENTER | PACOIMA

Your Center for Health and Wellness

In The Zocalito 10807 San Fernando Rd. Pacoima 91331

Center Hours: 10:00 am - 7:00 pm Monday-Friday; 9:00 am - 2:00 pm Saturday



**L.A. Care**  
HEALTH PLAN®

Child Care Provided While Attending Class

**DECEMBER 2014**

Closed 1:00 - 2:00 pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
1	<b>My Portions, My Health</b> 10:00-11:00 Sp  <b>Yoga for Seniors</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	2	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00 <b>What is Diabetes?</b> 2:00-4:00 Sp <b>Healthy Cooking</b> 3:00-5:00 Sp <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	3	<b>Tai Chi</b> 3:00-4:00  <b>Asthma</b> 3:00-4:00 Eng/Sp  <b>L.A. Care Covered</b> 10:00-6:00	4	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00 <b>Healthy Cooking</b> 3:00-5:00 Sp <b>Zumba</b> 5:30-6:30 <b>DPSS</b> 10:00-4:30 <b>L.A. Care Covered</b> 10:00-6:00	5	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	6	<b>My Portions, My Health</b> 11:00-12:00 Sp		
8	<b>Yoga for Seniors</b> 10:00-11:00  <b>Eating Healthy During the Holidays</b> 11:00-12:00 Sp  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	9	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00 <b>Listening to your Body</b> 2:00-3:00 Sp <b>What is Diabetes?</b> 2:00-4:00 Sp <b>Healthy Cooking</b> 3:00-5:00 Sp <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	10	<b>Tai Chi</b> 3:00-4:00  <b>Asthma</b> 3:00-4:00 Eng/Sp  <b>L.A. Care Covered</b> 10:00-6:00	11	<b>CLOSED</b>  <b>Staff Professional Development Training</b>		12	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	13	<b>Eating Healthy During the Holidays</b> 10:00-11:00 Sp	
15	<b>RCAC Meeting</b> 10:00-2:00  <b>Yoga for Seniors</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	16	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>Healthy Cooking</b> 3:00-5:00 Sp  <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	17	<b>Tai Chi</b> 3:00-4:00  <b>Asthma</b> 3:00-4:00 Eng/Sp  <b>L.A. Care Covered</b> 10:00-6:00	18	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00 <b>Healthy Cooking</b> 3:00-5:00 Sp <b>Zumba</b> 5:30-6:30 <b>DPSS</b> 10:00-4:30 <b>L.A. Care Covered</b> 10:00-6:00	19	<b>CPR/First Aid</b> 10:00-1:00  <b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	20	<b>Listening to your Body</b> 10:00-11:00		
22	<b>Yoga for Seniors</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	23	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>Healthy Cooking</b> 3:00-5:00 Sp  <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	24	<b>CLOSED</b>  <b>Christmas Eve</b>		25	<b>CLOSED</b>  <b>Christmas Day</b>		26	<b>CPR/First Aid</b> 10:00-1:00 Sp  <b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	27	
29	<b>Yoga for Seniors</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	30	<b>Dance Aerobics</b> 11:00-12:00 12:00-1:00  <b>Healthy Cooking</b> 3:00-5:00 Sp  <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	31	<b>Tai Chi</b> 3:00-4:00  <b>Asthma</b> 3:00-4:00 Eng/Sp  <b>L.A. Care Covered</b> 10:00-6:00								

Everyone is welcome. Call us at **1-213-438-5497** to learn more about our classes and services. Classes are subject to change, rescheduling or cancellation without prior notice.

Interpretation Services Available



**Asthma** Learn about asthma triggers and how to prevent attacks.

**CPR/First Aid** Be the first in your family to become certified in CPR (Adult, Child and Infant).

**Dance Aerobics** Have fun dancing while getting in shape.

**Department of Public Social Services** Meet with the Medi-Cal Eligibility Worker for assistance with enrollment.

**Yoga for Seniors** Have fun stretching your body and become more flexible.

**Healthy Cooking** Learn to prepare healthy and nutritious recipes on a budget.

**L.A. Care Member Orientation** Learn how your health plan works and your benefits.

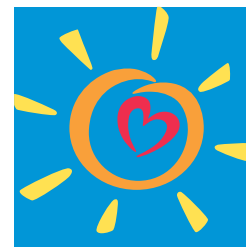
**Pilates in the Hood/Physical Perfection** Develop core strength and physical fitness with the entire family (ages 7 and up).

**Zumba** Exercise and get fit to the Latin rhythm.

**1-(877) 287-6290 | www.lacare.org**

# CENTRO DE RECURSOS FAMILIAR | PACOIMA

## Su Centro de Salud y Bienestar



**L.A. Care**  
HEALTH PLAN®

En The Zocalito 10807 San Fernando Rd. Pacoima 91331  
Horarios del Centro: 10:00 am - 7:00 pm lunes-viernes; 9:00 am - 2:00 pm sábado

Cuidado de Niños mientras asiste a Clase

### DICIEMBRE 2014

Cerrado 1:00 - 2:00 pm

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO		
1	<b>Mis Porciones, Mi Salud</b> 10:00-11:00  <b>Yoga para personas de la Tercera Edad</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	2	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00 <b>Que es la Diabetes?</b> 2:00-4:00 <b>Cocinando Saludable</b> 3:00-5:00 <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	3	<b>Tai Chi</b> 3:00-4:00  <b>Asma</b> 3:00-4:00 Ing/Esp  <b>L.A. Care Covered</b> 10:00-6:00	4	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00 <b>Cocinando Saludable</b> 3:00-5:00 <b>Zumba</b> 5:30-6:30 <b>DPSS</b> 10:00-4:30 <b>L.A. Care Covered</b> 10:00-6:00	5	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	6	<b>Mis Porciones, Mi Salud</b> 11:00-12:00	
8	<b>Yoga para personas de la Tercera Edad</b> 10:00-11:00  <b>Comiendo Saludable Durante las Fiestas</b> 11:00-12:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	9	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00 <b>Escuchando a su Cuerpo</b> 2:00-3:00 <b>Que es la Diabetes?</b> 2:00-4:00 <b>Cocinando Saludable</b> 3:00-5:00 <b>Zumba</b> 5:30-6:30 <b>L.A. Care Covered</b> 10:00-6:00	10	<b>Tai Chi</b> 3:00-4:00  <b>Asma</b> 3:00-4:00 Ing/Esp  <b>L.A. Care Covered</b> 10:00-6:00	11	<b>CERRADO</b>  <b>Día de Desarrollo Profesional</b>		12	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	13	<b>Comiendo Saludable Durante las Fiestas</b> 10:00-11:00
15	<b>Junta de RCAC</b> 10:00-2:00  <b>Yoga para personas de la Tercera Edad</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	16	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>Cocinando Saludable</b> 3:00-5:00  <b>Zumba</b> 5:30-6:30  <b>L.A. Care Covered</b> 10:00-6:00	17	<b>Tai Chi</b> 3:00-4:00  <b>Asma</b> 3:00-4:00 Ing/Esp  <b>L.A. Care Covered</b> 10:00-6:00	18	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00 <b>Cocinando Saludable</b> 3:00-5:00 <b>Zumba</b> 5:30-6:30 <b>DPSS</b> 10:00-4:30 <b>L.A. Care Covered</b> 10:00-6:00	19	<b>CPR/Primeros Auxilios</b> 10:00-1:00 Ing  <b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	20	<b>Escuchando a su Cuerpo</b> 10:00-11:00 Ing	
22	<b>Yoga para personas de la Tercera Edad</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	23	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>Cocinando Saludable</b> 3:00-5:00  <b>Zumba</b> 5:30-6:30  <b>L.A. Care Covered</b> 10:00-6:00	24	<b>CERRADO</b>  <b>Nochebuena</b>		25	<b>CERRADO</b>  <b>Navidad</b>		26	<b>CPR/Primeros Auxilios</b> 10:00-1:00  <b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>L.A. Care Covered</b> 10:00-6:00	
29	<b>Yoga para personas de la Tercera Edad</b> 10:00-11:00  <b>Pilates</b> 11:00-12:00  <b>L.A. Care Covered</b> 10:00-6:00	30	<b>Baile Aerobicos</b> 11:00-12:00 12:00-1:00  <b>Cocinando Saludable</b> 3:00-5:00  <b>Zumba</b> 5:30-6:30  <b>L.A. Care Covered</b> 10:00-6:00	31	<b>Tai Chi</b> 3:00-4:00  <b>Asma</b> 3:00-4:00 Ing/Esp  <b>L.A. Care Covered</b> 10:00-6:00							

Todos son bienvenidos. Llame al número **1-213-438-5497** para más información sobre nuestras clases y servicios. Las clases están sujetas a cambios o cancelación sin aviso previo.

**Intérpretes disponibles**

**Asma** Aprenda sobre los desencadenantes del asma y cómo prevenir ataques.

**Cocinando Saludable** Aprenda a hacer mejores selecciones de alimentos, saludables y económicos.

**Orientación para Miembros de L.A. Care** Aprenda cómo funciona su plan de salud y sus beneficios.

**Baile de Aerobicos** Diviértase mientras se pone en forma.

**Departamento de Servicios Sociales Públicos** Un trabajador de elegibilidad le ayudará a inscribirse en el programa de Medi-Cal.

**Pilates in the Hood/ Physical Perfection** Desarrolle fuerza muscular y salud física con su familia (de 7 años en adelante).

**CPR/Primeros Auxilios** Sea el primero en su familia en certificarse en CPR (adultos, niños y bebés).

**Yoga para personas de la Tercera Edad** Diviértase estrechando su cuerpo y adquiera más flexibilidad.

**Zumba** Diviértase Bailando al ritmo Latino.

**1-(877) 287-6290 | www.lacare.org/es**