

  Jan, Feb & Mar 2018					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	SP	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Cant	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Viet	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	KO	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers	3rd Wed 10am-11:30am & 6:30pm-8pm	E	FREE; must RSVP	1-800-540-4442
Community Worker Education Program visits to your home					
	Do you know a child with Asthma (under 18 years of age)	call for schedule	E/SP	FREE	562-933-5650
Pediatric Hub Clinic at Martin L. King-MACC	1720 E. 120th St., LA 90059				
	Asthma Class	call for schedule	E/SP	FREE	562-933-5650 or 310-668-6412
Care1st Health Plan Information Resource Center	5926 Pacific Blvd., Huntington Park 90255		http://www.care1st.com		
	Cholesterol	Fridays 4:30pm-5:30pm	E/SP	FREE	323-586-1610
	Blood Pressure	Thursdays 3:00pm-4:00pm	E/SP	FREE	323-586-1610
	Cal Fresh Representative	Tuesdays 9:00a,-noon	E/SP	FREE	323-586-1610
	Diabetes Class	Tuesdays 2:30pm-4:00pm	E/SP	FREE	323-586-1610
	Yoga	Mon 4:30pm-6:00pm Thurs 10:00am-11:30am, Fri 12:30pm-2:00pm	E/SP	FREE	323-586-1610
	Strengthening Class	Mon, Tue, Wed, Fri & Sat 8:30am-9:30am	E/SP	FREE	323-586-1610
	Zumba Class	Mon, Wed, & Sat 10:00am-11:00am Tue & Thurs 4:00pm-5:00pm	E/SP	FREE	323-586-1610
	Zumba for Kids (ages 4-12)	Thurs 5:00pm-5:45pm & Sat 11:30am-12:15pm	E/SP	FREE	323-586-1610

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Wic Representative	call for schedule	E/SP	FREE	323-586-1610
	Strengthening	Thursdays 8:00am-9:00am	E/SP	FREE	323-586-1610
	Healthy Cooking	call for schedule	E/SP	FREE	323-586-1610
Care1st Health Plan	601 Potrero Grande Dr. Monterey Park., 91755				
	call for information on Classes in English and Spanish	call for schedule	E/SP	FREE	323-889-6638 ext 3421
St. Vincent Medical Center	2131 West Third Street., Los Angeles, CA 90057				
	Diabetes Education (one-to-one counseling)	by appointment	E/SP	FREE	213-484-7453
Pacific Alliance Medical Center	Education Center - 910 N. Hill St., Los Angeles 90012			http://www.pamc.net	
	CPR	call for schedule	Cant	FREE	213-437-4203
	CPR	call for schedule	Man	FREE	213-437-4203
California Hospital Medical Center	1401 S. Grand Ave., LA 90015			http://www.chmcla.org/	
	Diabetes	call for schedule	E/SP	FREE	213-742-6421
	Breastfeeding	call for schedule	E/SP	--	213-742-6421
	Breastfeeding (support group)	call for schedule	E/SP	--	213-742-6421
	<i>following class held at: 1414 S. Grand Ave., LA 90015</i>				
Support Group	Lets Talk About Diabetes	call for schedule	--	FREE	213-742-6421
	Living with Diabetes	call for schedule	--	FREE	213-742-6421
	<i>following class held at: 1423 s. Grand Ave., LA 90001</i>				
	Oral Hygiene	call for schedule	E	FREE	213-742-6421
	<i>following class held at: 49th Street Elementary School-750 E. 49th St., LA 90011</i>				
	CVD Intake	call for schedule	--	FREE	213-742-6421
	<i>following class held at: Berendo Middle School-1157 S. Berendo St., LA 90015</i>				
	CVD Class	call for schedule	--	FREE	213-742-6421
Childrens Hospital Los Angeles	4650 Sunset Blvd., Los Angeles 90027				
	CPR	Mon 9:00am-10:00am & Thurs 4:00pm-5:00pm	E	FREE; must RSVP	323-361-7698
		Mon 10:15am-11:15am & Thurs 5:00pm-6:00pm	SP	FREE; must RSVP	323-361-7698
	G Tube Class	Tues 9:45am-12:10pm & Fri 9:45am-12:10pm	E	FREE; must RSVP	323-361-7698
		Tues 1:00-pm-3:45pm & Fri 1:00pm-3:45pm	SP	FREE; must RSVP	323-361-7698

Hospital-based Health Education Programs

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	CVC/PICC Class	Mon 12:00pm-1:30pm & Thurs 12:00pm-1:30pm	E	FREE; must RSVP	323-361-7698
		Mon 2:00pm-4:00pm & Thurs 2:00pm-4:00pm	SP	FREE; must RSVP	323-361-7698
LA County and USC Medical Center- Women's and Children's Hospital	1200 N. E. Cesar Chavez., Los Angeles 90033				
	Prenatal Classes	call for schedules	E/SP	FREE-only for patients delivering at	323-226-3221
White Memorial Medical Center	1720 Cesar Chavez., Los Angeles 90033		http://www.whitememorial.com/content/index.asp		
	Breastfeeding	call for schedule	E	FREE; must RSVP	323-265-5050 ext 5823
	We Care Baby Care	call for Schedule	E	FREE; must RSVP	323-265-5050
UCLA Medical Center (Health System)	757 Westwood Plaza., LA 90095				
	call for information of classes-Website not up to date	call for schedule	E	FREE	800-825-2631
Chinatown Service Center	767 North Hill St, Suite 200B., Los Angeles 90012				
	call for information on Classes	call for schedule	*	FREE	818-291-6949