

  <b>Jan, Feb &amp; Mar 2018</b>					
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 (Must call before to RSVP)	3rd Wed 10-11:30am & 6:30pm-8:00pm	E	FREE	1-800-540-4442
Antelope Valley Hospital	1600 W. Avenue J., Lancaster CA 93534		<a href="http://www.avhospital.org/">http://www.avhospital.org/</a>		
	<i>following classes held at: AVOIC building, 44105 15th St., West, Lancaster</i>				
	6 week Wellness Workshop (adults living with chronic disease)	call for schedule	E	FREE; must RSVP	661-726-6905
	Tobacco Cessation (4 week session)	call for schedule	E	FREE	661-945-7585 option 3
	Breastfeeding	3rd Thurs 6:30-9:00pm	E	Charge	661-726-6210
Support Groups	Alcoholics Anonymous (2nd floor 2 West)	Thursdays 7:00pm	E	FREE	661-945-5757
	Adult Children of Alcoholics (Conference Room 7)	Thursdays 7:00pm-9:00pm	E	FREE	661-945-5757
L.A. Care Health Plan Palmdale Family Resource Center	2072 East Palmdale Blvd., Palmdale 93550				
	Zumba	Mondays, Wednesdays, Thursdays & Fridays 10:00am-11:00pm	E/SP	FREE	213-438-5580
	Strenght Training	Wednesdays 5:00pm-6:00pm	E/SP	FREE	213-438-5580
	Boot Camp	Tuesdays 10:00am-11:00am	E/SP	FREE	213-438-5580
	Registered Dietitian Consultations	Saturdays 11:00am-1:00pm	E/SP	FREE	213-438-5580