

 					
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 10-11:30am & 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 information	E/Sp	FREE	562-933-5650
Care1st Health Plan Information Resource Center	5926 Pacific Blvd., Huntington Park 90255		<a href="http://www.care1st.com">http://www.care1st.com</a>		
	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
	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

For a listing of community-based organizations and their services, please call our Cultural and Linguistics Dept.

## Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Care1st Health Plan	601 Potrero Grande Dr. Monterey Park., 91755				
	call for list of classes	call for schedule	E/Sp	FREE	323-889-6638 ext 3421
PIH Health Hospital- Downey	11500 Brookshire Ave., Downey 90241		<a href="http://www.drnci.org/outreach/Classes.aspx">http://www.drnci.org/outreach/Classes.aspx</a>		
	Breastfeeding Workshop	call for schedule	E	FREE; must RSVP	562-904-5580
	Childbirth Education	call for schedule	E	Charge; must RSVP	562-904-5580
	Diabetes Nutrition Education	call for schedule	E	FREE; must RSVP	562-904-5580
	Healthy Heart Nutrition	call for schedule	E	FREE; must RSVP	562-904-5580
	The Stork Tea	call for schedule	E	FREE	562-904-5580
Presbyterian Intercommunity Hospital	12401 Washington Blvd., Whittier 90602		<a href="http://www.whittierpres.com/">http://www.whittierpres.com/</a>		
	Breastfeeding 101	call for schedule	E	FREE	562-698-0811
	Childbirth Basics	call for schedule	E/Sp/Man	FREE	562-698-0811
	Infant / Toddler Safety	call for schedule	E/Sp/Man	FREE	562-698-0811
Whittier Hospital Medical Center	9080 Colima Rd., Whittier 90605		<a href="http://www.whittierhospital.com">http://www.whittierhospital.com</a>		
	Childbirth Class	Wednesdays 5:30pm-6:30pm	E	FREE; must RSVP	800-613-4291
	Line Dancing	call for schedule	E	FREE; must RSVP	800-613-4291
	<i>following class held at:</i> 9210 Colima Rd., Whittier 90605				
	Chair Exercise	call for schedule	E	FREE; must RSVP	800-613-4291
	Cholesterol Screening	call for schedule	E	FREE; must RSVP	800-613-4291
	Tai Chi Class	call for schedule	E	FREE; must RSVP	800-613-4291
	Yoga	call for schedule	E	FREE; must RSVP	562-945-3561
	Zumba	call for schedule	E	FREE; must RSVP	800-613-4291
Liberty Community Plaza	14181 Telegraph Rd., Whittier 90601				
	Call for information on classes	Call for Schedule	E	FREE	562-273-0722
L.A. Care Health Plan Family Resource Center	1200 N. State St; Ste 1069., Los Angeles 90033 (Boyle Heights)				
	Dance Fitness for Kids	Fridays 3:45pm-4:45pm	E/Sp	FREE	213-294-2833
	Healthy Cooking Class	Fridays 10:00am-noon	SP	FREE	213-294-2833
	Diabetes "with all my heart"	Wednesdays 3:00pm-5:00pm	E	FREE	213-294-2833
		Wednesdays 10:00am-noon and Saturdays 9:00am-11:00am	SP	FREE	213-294-2833
	Yoga	Tuesdays 1:00pm-2:00pm Thursdays noon-1:00pm	E/Sp	FREE	213-294-2833

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*Hospital-based Health Education Programs*

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	Family Yoga	Saturdays 9:30am-10:30am	E/Sp	FREE	213-294-2833
	Aerobics	Mondays 12:00pm-1:00pm	E/Sp	FREE	213-294-2833
<b>L.A. Care Health Plan Family Resource Center</b>	<b>3180 E. Imperial Highway., Lynwood 90262</b>				
	Nutrition & Exercise	Mon & Thurs 10:00am-11:30am	E/Sp	FREE	310-661-3000
	Eat to Live, Juicing for a Healthy Life	Mondays 5:00pm-6:30pm	SP	FREE	310-661-3000
	CPR	call for schedule	E/Sp	FREE	310-661-3000
	Healthy Cooking	Wednesdays 4:00pm-6:00pm	E/Sp	FREE	310-661-3000
	Fitness and Body Sculpting	Saturdays 1:00pm-2:00pm	E/Sp	FREE	310-661-3000
	Salsa Dance Aerobics	Tue 5:00pm-6:00pm & Thurs 5:00pm-6:00pm & 6:00-7:00pm	E/Sp	FREE	310-661-3000
	Nutrition & Healthy Eating Habits for the Family	Saturdays 10:30am-11:30am	E/Sp	FREE	310-661-3000
	Zumba Advanced	Saturdays noon-1:00pm	E/Sp	FREE	310-661-3000
	Diabetes	call for schedule	E/Sp	FREE	310-661-3000
	Helpful Parenting Tips	call for schedule	E/Sp	FREE	310-661-3000
	Children's Physical Fitness	Tue & Thurs 4:00pm-5:00pm	E/Sp	FREE	310-661-3000
	Pilates	Mondays 4:00pm-5:00pm	E	FREE	310-661-3000
	Self-Esteem/Domestic Violence	call for schedule	SP	FREE	310-661-3000
	Zumba	Wednesdays 6:00pm-7:00pm	--	FREE	310-661-3000
	Lose Weight, Gain Time	Tuesdays 3:00pm-4:00pm	E/Sp	FREE	310-661-3000
<b>L.A. Care Health Plan Family Resource Center</b>	<b>3111 W. Century Blvd., Inglewood, 90303</b>		<b><a href="http://www.lacare.org">http://www.lacare.org</a></b>		
	Pilates	Mondays 6:00-7:00pm & Wednesdays 6:00pm-7:00pm	E/Sp	FREE	310-330-3130
	Special Needs Adults and Seniors	call for schedule	E/Sp	FREE	310-330-3130
	Reading Time	Tuesdays 10:00am-noon	E/Sp	FREE	310-330-3130
	Line Dancing	Wed & Fri 1:00pm-2:30pm	E/Sp	FREE	310-330-3130
	Diabetes and Nutrition	call for schedule	E/Sp	FREE	310-330-3130
	Mommy and Me	call for schedule	E/Sp	FREE	310-330-3130
	Zumba for Adults	Thurs 5:00pm-6:00pm or 6:00pm- 7:00pm	E/Sp	FREE	310-330-3130
	Healthy Cooking	call for schedule	E/Sp	FREE	310-330-3130
Senior Programs	Yoga for Seniors	Wednesdays 10:30am-noon	E/Sp	FREE	310-330-3130
<b>St. Francis Medical Center</b>	<b>3630 East Imperial Hwy., Lynwood 90262</b>				
	Services offered-	Call for information	E/SP	FREE	310-900-7380

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