



October- December 2017 (Quarter 4)

LOS ANGELES COUNTY

Improve Your Memory

Date: 10/6/2017

Time: 9:30am-11:30am (Cantonese)
2:00pm-4:00pm (Mandarin)

Location: Conference Room #1

Registration: 323-889-6638 ext. 3538, Therese Chung

Living Happier and Healthier with a Chronic Condition- Spanish

6 consecutive Monday's: October 16, 23, 30, November 6, 13, 20

Time: 1:00pm-3:30pm

Location: Care1st Information Resource Center
5926 Pacific Boulevard
Huntington Park, CA 90255

Diabetes Education Empowerment Program (DEEP)- English

6 consecutive Tuesday's: November 7, 14, 21, 28, December 5, 12

Time: 3:00pm- 5:00pm

Location: Conference Room #1
Care1st Health Plan
601 Potrero Grande Drive
Monterey Park, CA 91755

Registration: 323-889-6638 ext. 3421, Paulina Montalvo

Living Happier and Healthier with a Chronic Condition- English

6 consecutive Tuesdays: October 3, 10, 17, 24, 31 and November 7

Time: 10:00am-12:30pm

Location: Conference Room #1
Care1st Health Plan
601 Potrero Grande Drive
Monterey Park, CA 91755

Registration: 323-889-6638 ext. 3397, Jennifer Mazariegos

Transportation available upon request for Care1st members



October- December 2017 (Quarter 4)

LOS ANGELES COUNTY

Diabetes Education Empowerment Program (DEEP) - English and Spanish

6 consecutive Wednesday's: October 4 – November 8

English: 9:30 a.m. – 12:00 p.m.

Spanish: 1:30 p.m. – 4:00 p.m.

Location: Care1st Primary and Urgent Care Center

38440 5th St. West

Palmdale, CA 93551.

Registration: 323-889-6638 ext. 3282, Rosa Hernandez

Transportation available upon request for Care1st members