



Hospital-based Health Education Programs

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

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25		Zumba for Kids (ages 4-12)	Thurs 5:00pm-5:45pm & Sat 11:30am-12:15pm	E/SP	FREE	323-586-1610
26		Wic Representative	call for schedule	E/SP	FREE	323-586-1610
27		Strengthening	Thursdays 8:00am-9:00am	E/SP	FREE	323-586-1610
28		Healthy Cooking	call for schedule	E/SP	FREE	323-586-1610
29		Adult Weight Management Series	Wed. 3/6, 3/13, 3/20, 3/27, 4/3, & 4/10 2:00pm-4:00pm	Sp	FREE	323-889-6638 ext. 3421
30	Care1st Health Plan	601 Potrero Grande Dr. Monterey Park., 91755				
31		Call for information on Classes in English and Spanish	call for schedule	E/SP	FREE	323-889-6638 ext 3421
32		Living Healthier and Happier with a Chronic Condition	6 consecutive Tuesdays: 1/3, 1/10, 1/17, 1/31, 2/7 & 2/14 10:00am-12:30pm	E	FREE	323-889-6638 ext. 3538
33	L.A. Care Health Plan Family Resource Center (East L.A.)	4803 E. Whittier Blvd., Los Angeles, CA 90022				
34		Cardio Dancercise	Mon. 11 a.m. - 12 p.m. Wed. 12:30 p.m.-1:30 p.m.	E/SP	FREE	213-438-5570
35		Kid Boot Camp	Mon. & Fri. 4 p.m.-5 p.m.	E/SP	FREE	213-438-5570
36		Oral Health Workshop	1/15 12:30 p.m - 1:30 p.m.	E/SP	FREE	213-438-5570
37		Juicing for a Healthy Life	Wed. 9 am. -10:30 p.m.	SP		
38		Zumba	Wed. 11 a.m - 12 p.m.	E/SP	FREE	213-438-5570
39		Coping with Life Stressors	Wed. 1/10 1 p.m. - 2:30 p.m.	E/SP	FREE	213-438-5570
40		Meal Planning	Thurs. 1/10 4 p.m. - 5 p.m.	E/SP	FREE	213-438-5570
41		CPR / First Aid	Thurs. 1/17 10 a.m. - 1 p.m.	E	Must register	213-438-5570
42		CPR / First Aid	Thurs. 1/31 10 a.m. - 1 p.m.	SP	Must register	213-438-5570
43		Registered Dietitian Consultation	Thurs. 12 p.m. - 4 p.m.	E/SP	FREE	213-438-5570
44		Weight Management	Thurs. 1/17 4 p.m. - 5 p.m.	E/SP	FREE	213-438-5570
45		Anxiety 101	Thurs. 1/24 1 p.m - 2:30 p.m.	E/SP	FREE	213-438-5570
46		Pre-Diabetic Nutrition	Thurs. 4 p.m. - 5 p.m.	E/SP	FREE	213-438-5570
47		Diabetic Nutrition	Thurs. 4 p.m. - 5 p.m.	E/SP	FREE	213-438-5570
48	St. Vincent Medical Center	2131 West Third Street., Los Angeles, CA 90057				
49		Diabetes Education (one-to-one)	by appointment	E/SP	FREE	213-484-7453
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51	California Hospital Medical Center	1401 S. Grand Ave., LA 90015		http://www.chmcla.org/		
52		Diabetes	call for schedule	E/SP	FREE	213-742-6421
53		Breastfeeding	call for schedule	E/SP	--	213-742-6421
54		Breastfeeding (support group)	call for schedule	E/SP	--	213-742-6421
55	<i>following class held at:</i>	<i>1414 S. Grand Ave., LA 90015</i>				
56	Support Group	Lets Talk About Diabetes	call for schedule	--	FREE	213-742-6421
57		Living with Diabetes	call for schedule	--	FREE	213-742-6421
58	<i>following class held at:</i>	<i>1423 s. Grand Ave., LA 90001</i>				
59		Oral Hygiene	call for schedule	E	FREE	213-742-6421
60	<i>following class held at:</i>	<i>49th Street Elementary School-750 E. 49th St., LA 90011</i>				
61		CVD Intake	call for schedule	--	FREE	213-742-6421
62	<i>following class held at:</i>	<i>Berendo Middle School-1157 S. Berendo St., LA 90015</i>				
63		CVD Class	call for schedule	--	FREE	213-742-6421
64	Childrens Hospital Los Angeles	4650 Sunset Blvd., Los Angeles 90027				
65		CPR	Mon 9:00am-10:00am & Thurs 4:00pm-5:00pm	E	FREE; must RSVP	323-361-7698
66			Mon 10:15am-11:15am & Thurs 5:00pm-6:00pm	SP	FREE; must RSVP	323-361-7698
67		G Tube Class	Tues 9:45am-12:10pm & Fri 9:45am-12:10pm	E	FREE; must RSVP	323-361-7698
68			Tues 1:00-pm-3:45pm & Fri 1:00pm-3:45pm	SP	FREE; must RSVP	323-361-7698
69		CVC/PICC Class	Mon 12:00pm-1:30pm & Thurs 12:00pm-1:30pm	E	FREE; must RSVP	323-361-7698
70			Mon 2:00pm-4:00pm & Thurs 2:00pm-4:00pm	SP	FREE; must RSVP	323-361-7698
71	LA County and USC Medical Center- Women's and Children's Hospital	1200 N. E. Cesar Chavez., Los Angeles 90033				
72		Prenatal Classes	call for schedules	E/SP	FREE-only for patients delivering at	323-226-3212
73	White Memorial Medical Center	1720 Cesar Chavez., Los Angeles 90033		http://www.whitememorial.com/content/index.asp		

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74		Breastfeeding	call for schedule	E	FREE; must RSVP	323-265-5000 ext 5823
75		We Care Baby Care	call for Schedule	E	FREE; must RSVP	323-265-5000
76	UCLA Medical Center (Health System)	757 Westwood Plaza., LA 90095				
77		call for information of classes-Website not u	call for schedule	E	FREE	800-825-2631
78	Chinatown Service Center	767 North Hill St, Suite 200B., Los Angeles 90012				
79		call for information on Classes	call for schedule	*	FREE	818-291-6949