

Hospital-based Health Education Programs

 					
Jan, Feb & Mar 2019					
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- pm	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		E/Sp	FREE	562-933-5650
Harbor Free Clinic	731 S. Beacon St., San Pedro 90731				
	Asthma	call for schedule	E/Sp	FREE	310-732-5887
Long Beach Alliance for Children with Asthma	2651 Elm Ave., Suite 100., Long Beach 90806				
	Asthma	call to schedule appointment	E/Sp	FREE	562-933-5650
Miller Family Health Education Center	3820 Cherry Ave., Long Beach 90808		http://www.ci.long-beach.ca.us/health/fhec/default.asp		
	call for list of classes	call for schedule	E/Sp		562-570-7910
St. Mary Medical Center	1050 Linden Ave., Long Beach 90813		http://www.sc.chw.edu		
	call for list of classes	call for schedule	E/Sp	Charge	562-481-1274
Torrance Memorial Medical Center	3330 Lomita Blvd., Torrance 90505		http://torrancememorial.org		
	Breastfeeding	call for schedule	E	Charge	310-517-4702
	Breastfeeding Questions and Beyond (after the baby)	call for schedule	E	Charge	310-517-4702
	Prenatal Yoga	call for schedule	E	Charge	310-517-4702
Beach Cities Health Distric					
Class held at Kaiser Permanente, 400 S.	Mindfulness Meditation & Aging (55+) 5 week	Mondays Feb., 11 - Mar., 11,	E	Registration Required	310-374-3426 x262

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Support Groups	Cancer	call for schedule	E	--	310-517-4666
	Caregiver	call for schedule	E	FREE	310-517-4711
	Diabetes	1st & 3th Wed 1pm	E	FREE	310-784-3792
	COPD	call for schedule	E	FREE	310-784-4885
	Alcoholics Anonymous	Thursdays 7pm, Fridays &	E	--	310-784-4879
	Fibromyalgia	1st Sat 1:00pm-3:00pm	E	Charge	310-324-6810
	Stroke	1st Wed 10:00am	E	FREE	310-325-9110 ext1008
	Take Heart	1st Wed 6:00pm-7:30 pm	E	FREE	310-517-4737
	Depression	2nd and 4th Sat 10:00am	E	FREE	310-517-4711
	Nicotine Anonymous	Call for schedule	E	FREE	310-325-9110
Providence Little Company of Mary	4101 Torrance Blvd., Torrance 90503		http://www.lcmhs.org		
	Breastfeeding	call for schedule	E	Charge; must RSVP	888-432-5464
	Baby Care Basics	call for schedule	E	Charge; must RSVP	888-432-5464
Little Company of Mary- San Pedro	1300 W. 7th St., San Pedro 90732		http://www.lcmhs.org		
	call for schedule of classes	call for schedule	E	--	800-618-6659
Harbor-UCLA Medical Center	1000 W. Carson St., Torrance 90502		http://www.harbor-ucla.org		
	Diabetes Education	call for schedule	E/Sp	FREE	310-222-3686
Beach Cities Health District	514 N. Prospect Ave, 3rd Floor., Redondo Beach 90277		http://www.bchd.org		
	call for list of classes	call for schedule	E	FREE/ Charge	310-374-3426
Cancer Support Community	109 W. Torrance Blvd., Redondo Beach, CA 90277				
	Carcinoid & Neuro-Endocrine Tumor	1st Sat 10:30am-12:30pm	E	FREE	310-376-3550
	Leukemia, Lymphoma & Multiple Myeloma	2nd Thurs 1:00pm-3:00pm	E	FREE	310-376-3550
	Lung Cancer Networking	3rd Sat 10:30am-12:30pm	E	FREE	310-376-3550
	Thyroid Cancer Networking: ThyCa-South Bay	1st Sat 10:00am-noon	E	FREE	310-376-3550
	Young Adults Cancer Networking Group	3rd Sat 6:00pm-8:00pm	E	FREE	310-376-3550
	Gentle Yoga	Mondays 1:30pm-2:45pm	E	FREE	310-376-3550
	Restorative Yoga	Mondays 6:00pm-7:00pm	E	FREE	310-376-3550
	Cardio for Wellness	Tuesdays 9:30am-10:15am	E	FREE	310-376-3550
	Tai Chi	Tuesdays 1:00pm-2:00pm	E	FREE	310-376-3550
	Early Yoga	Wednesdays 10:30am-11:30am	E	FREE	310-376-3550

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	Morning Yoga	Thursdays 10:00am-11:15am	E	FREE	310-376-3550
	Basic Yoga	Fridays 11:00am-noon	E	FREE	310-376-3550
	Brain Tumor	call for schedule	E	FREE	310-376-3550
Support Groups	Teens Connect (Age 12-17)	1st & 3rd Thurs 4:30pm-6:30pm	E	FREE	310-376-3550
	Kid's Community Monthly Support Group (Age 5-12)	2nd & 4th Tue 5:00pm-6:30pm	E	FREE; must RSVP	310-376-3550
	Women's Cancer Group	Wednesdays @ 10:30am	E	FREE	310-375-3550
Grace Presbyterian Church	3995 Studebaker Rd., Long Beach 90808				
Support Groups	Caregiver	call for schedule	E	FREE; must RSVP	818-847-9141 ext.144
Long Beach Memorial Medical Center	2810 Long Beach Blvd., Long Beach, 90806				
Support Groups	Adult Insulin-Pump	2nd Mon 6:30pm-8:00pm	E	FREE	562-933-5070
	Ovarian and gynecological Cancer	1st & 3rd Tue 4:30pm-6:00pm	E	FREE	562-933-7845
	Prostate Cancer	4th Tue 6:30pm-8:00pm	E	FREE	562-933-0900
Long Beach Memorial	2801 Atlantic Blvd., Long Beach 90804		http://www.memorialcare.com/long_beach/about.cfm		
	call for information of classes-Website not up to date	call for schedule	E	FREE	562-933-9034