



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-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		http://www.avhospital.org/		
	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
	Life After Stroke Support Goup	Third Thursday of month 6:00 p.m.-7:30 p.m.,	E	Free	661-949-5025
	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	Mon., Wed., Thur. & Fri. 9:00 a.m.-10:00 a.m.	E/SP	FREE	213-438-5580
	Boot Camp	Mon., Wed. 1/2, 1/7, 1/9, 1/14, 1/16, 1/23, 1/28, 1/30 5pm-6pm	E/SP	FREE	213-438-5580
	Kids Boot Camp	Fridays. 5:00 p.m. to 6:00 p.m.	E/SP	FREE	213-438-5580
	Strenght Training	Wednesdays 4:00pm-5:00pm	E/SP	FREE	213-438-5580
	Registered Dietitian Consultations	Saturdays 9:00am-10:00am / 11:00 a.m-12p.m.	E/SP	FREE	213-438-5580