



Hospital-based Health Education Programs

 					
Jan, Feb & March 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	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	5926 Pacific Blvd., Huntington Park 90255		http://www.care1st.com		
	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

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	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
	Healthy Cooking	call for schedule	E/Sp	FREE	323-586-1610
Care1st Health Plan	601 Potrero Grande Dr. Monterey Park., 91755				
	Call for information on Classes in English and Spanish	call for schedule	E/SP	FREE	323-889-6638 ext 3421
	Living Healthier and Happier with a Chronic Condition	6 consecutive Tuesdays: 1/3, 1/10, 1/17, 1/31, 2/7 & 2/14-3/13/18 10:00am-12:30pm	E	FREE	323-889-6638 ext. 3538
PIH Health Hospital-	11500 Brookshire Ave., Downey 90241		http://www.drmci.org/outreach/Classes.aspx		
	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 Nurtition	call for schedule	E	FREE; must RSVP	562-904-5580
	The Stork Tea	call for schedule	E	FREE	562-904-5580
Presbyterian Intercommunity Hosnital	12401 Washington Blvd., Whittier 90602		http://www.whittierpres.com/		
	Breasfeeding 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	9080 Colima Rd., Whittier 90605		http://www.whittierhospital.com		
	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)				

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	Dance Fitness for Kids	Fridays 3:45pm-4:45pm	E/Sp	FREE	213-294-2833
	Healty 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
	Yoga	Tuesdays 1:00pm-2:00pm	E/Sp	FREE	213-294-2833
	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
L.A. Care Health Plan Family Resource Center	3180 E. Imperial Highway., Lynwood 90262				
	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	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
	Zumba (Intermediate)	Wednesdays 6:00pm-7:00pm	E/Sp	FREE	310-661-3000
	Yoga	Thursdays, 3:00pm-4:00pm	E/Sp	FREE	310-661-3000
	Diabetes	Tuesdays 11:15am-12:45pm	E/Sp	FREE	310-661-3000
	Helpful Parenting Tips	Fri. 1/11 & 1/25, 5:00pm-6:30pm	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
	Domestic Violence Support Group	Fri. 1/4 & 1/18, 5:00pm-6:30pm	SP	FREE	310-661-3000
	Lose Weight Gain Time	Tuesdays 3:00pm-4:00pm	E/Sp	FREE	310-661-3000
	Lap Read	Mondays 11:45am-12:45pm, Wednesday's 10:30am-11:30am	E	FREE	310-661-3000
	Self-Esteem	Monday 1/7 4:00pm-5:00pm	SP	FREE	310-661-3000
	Fighting Stress Through Art	Monday 1/28 4:00pm-5:00pm	E/Sp	FREE	310-661-3000
	Cardio Dancercise	Tuesdays, 6:00pm-7:00pm	E/Sp	FREE	310-661-3000
	Positive Parenting	Tuesday, 1/8 9:30am-11:00am	E/Sp	FREE	310-661-3000
	Early Developmental Screenings	Thur. 1/3 & 1/17, 10:00am-5:00pm	E/Sp	FREE	310-661-3000

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	Get Fit Kids Club	Saturdays 9:30am-10:30am	E/Sp	FREE	310-661-3000
	"Wellness Circle" How to become a Mental Health Advocate	Thur,1/4 4:00pm-5:00pm	SP	FREE	310-661-3000
	"Wellness Circle" Causes and Risk factors of addiction	Thur,1/17 4:00pm-5:00pm	SP	FREE	310-661-3000
	Registered Dietitian Consultations	Call for Schedule	E/SP	FREE	310-661-3000
L.A. Care Health Plan Family Resource Center	3111 W. Century Blvd., Inglewood, 90303		http://www.lacare.org		
	Pilates	Mondays 6:00pm -7:00pm & Wednesdays 6:00pm-7:00pm	E/Sp	FREE	310-330-3130
	Reading Time	Tuesdays 10:30am-12:00pm	E/Sp	FREE	310-330-3130
	Line Dancing	Wed & Fri 1:00pm-2:30pm	E/Sp	FREE	310-330-3130
	Mommy and Me	Fridays 10:00am-11:30am	E/Sp	FREE	310-330-3130
	Zumba for Adults	Thurs 6:00pm-7:00pm, Saturdays, 9:00am-10:00am	E/Sp	FREE	310-330-3130
	Get Fit Kids	Mondays & Wednesdays 4:00pm- 4:45pm	E/Sp	FREE	310-330-3130
	Zumba	Mondays 5:00pm-6:00pm - Fridays 4:00pm - 5:00p.m.	E/Sp	FREE	310-330-3130
	Agility, Balance and Coordination	Mondays,10:00am-11:00am	E/Sp	FREE	310-330-3130
	Causes and Risk Factors of Addiction	Monday 1/7, 11:30am-12:30pm	E/Sp	FREE	310-330-3130
	Zumba Gold	Tuesdays, 5:00pm-5:45pm, Thursdays, 4:00pm-5:00pm	E/Sp	FREE	310-330-3130
	Social Media Branding	Tuesday 1/8-24., 5:00pm-6:30pm	E/Sp	FREE	310-330-3130
	Coping With Life Stressors	Wednesday 1/9.,10:00am-11:00am	E	FREE	310-330-3130
	Estresores de la Vida	Wednesday 1/9.,10:00am-11:00am	Sp	FREE	310-330-3130
	Liberty Dental Workshop	Tuesday 4:00pm-5:30pm	E/Sp	FREE	310-330-3130

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	Anger Manangement	Thursdays, 10:00am-11:30am	E/Sp	FREE	310-330-3130
	Yoga for Adults	Thursday 5:00pm-6:00pm	E/Sp	FREE	310-330-3130
	Breakthrough Parenting	Fridays 1:00pm-2:30pm	E/Sp	FREE	310-330-3130
	CMC Care Management	Fridays 11:00am-1:00pm	E/Sp	FREE	310-330-3130
	Pilates for Families(Age 7 & up)	Saturdays 10:00am-11:00am	E/Sp	FREE	310-330-3130
	Girl Scout Meeting	Saturday 1/5, 10:00am-11:00am	E	FREE	310-330-3130
	CPR / First Aid Registration Required	Monday 1/14 10:30am-1:30pm, Saturday 1/26 9:30am-2:30pm	E/Sp	FREE	310-330-3130
	Registered Dietitian Consultations	Call for Schedule	E/SP	FREE	310-330-3130
St. Francis Medical Center	3630 East Imperial Hwy., Lynwood 90262				
	Call for schedule of classes	Call for information	E/SP	FREE	310-900-7380