

 					
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	3rd Wed 10-11:30am & 6:30pm-8pm	E	FREE; must RSVP	1-800-540-4442
Care1st Health Plan Information Resource Center	5926 Pacific Blvd., Huntington Park 90255		http://www.care1st.com		
	Cholesterol	Fridays 4:30pm-5:30pm	E/Sp	FREE; must RSVP	323-586-1610
	High Blood Pressure	Thursdays 3:00pm-4:00pm	E/Sp	FREE; must RSVP	323-586-1610
	Wic Representative	call for schedule	E/Sp	FREE; must RSVP	323-586-1610
	Diabetes Class	Tuesdays 2:30pm-4:00pm	E/Sp	FREE; must RSVP	323-586-1610
	Yoga	Mon 4:00pm-5:30pm, Thurs 10:00am-11:30am, Fri 12:00pm-1:30pm	E/Sp	FREE; must RSVP	323-586-1610
	Strengthening Class	Mon,Tue,Wed,Fri & Sat 8:30am-9:30am	E/Sp	FREE; must RSVP	323-586-1610
	Adult Zumba Class	Mon,Wed,& Sat 10:00am-11:00am Tue & Thurs 4:00pm-5:00pm	E/Sp	FREE; must RSVP	323-586-1610
	Zumba for Kids	Thurs 5:00pm-5:45pm & Sat 11:30am-12:30pm	E/Sp	FREE; must RSVP	323-586-1610
	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
	Nutrition Class (8 wk session)	call for schedule	E/Sp	FREE; must RSVP	323-586-1610
Care1st Health Plan	601 Potrero Grande Dr. Monterey Park., 91755				

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	call for list of classes	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
Glendale Memorial Hospital and Health Center	1420 S. Central Ave., Glendale 91204		http://www.glendalememorial.com		
	Heart Health	Tuesdays 8:00am-9:00am & Thursdays 9:00am-10:00am	E	Charge	818-502-2303
	General Health & Wellness	1st Wednesday of every month 12:00pm-1:00pm	E	FREE; must RSVP	818-502-2232
	Diabetes Management	call for schedule	E	FREE	818-507-4616
Support Groups	Breast Cancer	2nd Thursday of each month 5:30pm-7:00pm	E	FREE	818-502-2323
	Stroke	2nd Tuesdays of each month 2:00pm-3:00pm	E	FREE	818-502-4725
Glendale Adventist Medical Center	1509 Wilson Terrace., Glendale 91206		http://www.glendaleadventist.com		
	call for information on classes	call for schedule	E	FREE	818-409-8000
Verdugo Hills Hospital	1812 Verdugo Blvd., Glendale 91208		http://verdugohillshospital.org		
	Build Me Up Balance Class	call for more information	E	Charge	818-952-2294
	Infant Care Workshop	call for schedule	E	Charge	818-952-2272
	Infant/Child CPR	call for schedule	E	Charge	818-952-2272
Support Groups	Breastfeeding	call for schedule	E	FREE	818-952-2272
Senior Programs	Get Up & Go Senior Exercise Class	Tue & Fri 2:30pm-3:30pm	E	Charge; must RSVP	818-952-2294
San Gabriel Valley Medical Center	438 W. Las Tunas Dr., San Gabriel 91776		http://www.sangabrielvalleymedctr.org		
	call for information on classes	call for schedule of classes	E	FREE	626-457-3281
Methodist Hospital of Southern California	300 W. Huntington., Arcadia 91007		http://www.methodisthospital.org		
	call for information on classes	call for schedule	E	FREE	626-898-8000
Beverly Hospital	309 W. Beverly Blvd., Montebello 90640		http://www.beverly.org		
	Infant & Child CPR Training	call for schedule	Sp	FREE	323-725-1519
	Childhood Immunizations	3rd Wed 2:00pm-4:00pm	E/Sp	FREE	323-725-1519
	Breastfeeding	call for schedule	E	FREE	323-725-1519

Hospital-based Health Education Programs

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	Infant Care	call for schedule	E	FREE	323-725-1519
	following class held at: YMCA: 2000 W. Beverly Blvd., Montebello 90640				
	Kids Fit Program (Kids 7-12 years old)	call for schedule	E/Sp	FREE; must RSVP	323-725-5033 or 323-887-9622
	Kids Fit Program (Teens 13-18 years old)	call for schedule	E/Sp	FREE; must RSVP	323-725-5033 or 323-887-9622
Huntington Hospital	100 W. California Blvd., Pasadena 91105		http://www.huntingtonhospital.com		
	Mindfulness and gratitude	Wednesday January 24	E	FREE	626-397-3110 or 800-664-4664
	Reducing your risk for colon cancer	Wednesday March 6	E	FREE	626-397-3110 or 800-664-4664
	Alzheimer's Greater Los Angeles Memory Club at Hutington Hospital	Friday April 5 through May 24	E	FREE	626-397-3147
Queen of the Valley	1115 S. Sunset., West Covina 91790		http://www.cvhp.com		
	Grief Outreach	call for schedule	E	FREE; must RSVP	888-456-2847
	Sweet Success/Dulce Exito	call for schedule-Physician referral Required	E/SP	FREE; must RSVP	626-857-3477
Citrus Valley Medical Center-Intercommunity Campus	210 W. San Bernardino., Covina 91723		http://www.cvhp.com		
	Sweet Success/Dulce Exito	call for schedule-Physician referral Required	E/SP	FREE; must RSVP	626-814-2479
	Yoga for Healing	call for class dates-626-814-2479	E	FREE; must RSVP	626-938-7585
Support Groups	Cancer patients & Family members	call for schedule	Sp	FREE; must RSVP	626-814-2479
Cancer Resource Center	315 N. Third St., Suite 303-B., Covina 91722				
	Open Tues 9:00am-4:30pm or appointment	call for more Information	E	FREE	888-456-2847
Foothill Education Center	427 W. Carroll Ave., Glendora CA 91741		http://www.cvhp.com		
	Baby Care Basics	call for schedule	E	Charge; must RSVP	888-456-2847
Support Groups	Adolescent-Diabetes Education	call for schedule	E	FREE; must RSVP	626-857-3477
	Breastfeeding	call for schedule	E	FREE; must RSVP	888-456-2847
	Parents- Diabetes Education	call for schedule	E	FREE; must RSVP	626-587-3477
	Type I Diabetes Education	call for schedule	E	FREE; must RSVP	626-587-3477
Monterey Park Hospital	900 S. Atlantic Blvd., Monterey Park 91754		http://www.montereyparkhosp.com		

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Childbirth Preparation	call for schedule	--	FREE- if delivering	626-570-5705
Garfield Medical Center	605 N. Garfield Ave Monterey Park 91754			http://www.garfieldmedicalcenter.com	
	Infant Care and Breastfeeding	call for schedules	E	Charge; must RSVP	877-573-2462
Alhambra Hospital Medical Center	100 S. Raymond Ave., Alhambra CA 91801			http://www.alhambrahospital.com	
	Senior Depression	Call for schedule	CHI	FREE	626-458-4787
	Cholesterol Screening	Call for schedule	CHI	FREE	626-458-4787
The Wellness Community - Cancer Support	200 E. Del Mar Blvd., Suite 118, Pasadena CA 91105				
	Womens Cancer Group	Wednesdays @ 10:30am	E	FREE	626-796-1083
	Teens Connect	Thursdays 5:00pm-6:30pm	E	FREE	626-796-1083
	Fit and Well Worth it	Saturdays 10:45am-Noon	E	FREE	626-796-1083
	Dynamic Strength	Tuesdays 5:30pm-6:15pm	E	FREE	626-796-1083
	Yoga	call for schedule	E	FREE	626-796-1083
	Mindfulness Meditation	Wednesdays 5:00pm-5:45pm	E	FREE	626-796-1083
	Tai Chi	Tuesdays 1:00pm-2:00pm	E	FREE	626-796-1083
Asian Pacific Family Center	9353 E. Valley Blvd., Rosemead CA 91770				
	Parenting Classes	call for schedule	Mand, Viet & Cant.	Charge	626-287-2988 ext 131
City of Pasadena Public Health Department	1845 N. Fair Oaks Ave., Pasadena 91103				
	Nutrition and Physical Activity	call for schedule	E	FREE; must RSVP	626-744-6136
Villa Parke Community Center	363 E. Villa St., Pasadena 91101				
	Nutrition and Physical Activity	call for schedule	E	FREE; must RSVP	626-744-6136
Jackie Robinson Community Center	1020 N. Fair Oaks Ave Pasadena 91103				
	Nutrition and Physical Activity	call for schedule	E	FREE; must RSVP	626-744-6136
La Pintesca Teen Education Center	45 E. Washington Blvd., Pasadena 91103				
	Nutrition and Physical Activity	call for schedule	E	FREE; must RSVP	626-744-6136
Arceo Park	3125 N. Tyler Ave., El Monte 91731				
	Family Fitness Session with Power	1st Sat of each month @ 8:00am	E	FREE	626-580-2210