

Classes & Programs

FREE Interpretation Services Available

*Good health is within your reach L.A. Care offers you the following health education services. Unless otherwise indicated, all community education events and classes are **FREE** of charge. All are welcome and we are here to help you. Call us at 1-888-525-9693 to sign up for any of the services listed below.*

Asthma

Get empowered learn about what triggers an attack and how you can prevent future episodes.

Conducted by Breath L.A.

Chronic Diseases & Physical Activities

This class covers various topics related to Asthma, Cholesterol, Blood Pressure and Diabetes. Such as environmental triggers, pollutants, medicines to control these diseases and development of treatment plans.

Conducted by St. John's Well Child

Children's Physical Fitness

This class is design to promote physical fitness for children ages 5 to 13.

CPR/First Aid

FREE to the community a workshop on basic First Aid Adult, Child and Infant. Be the first in your family to be certified. Registration is necessary.

Department of Public Social Services

An on-site Medi-Cal Eligibility Worker is available to help enroll people and their families into the Medi-Cal program.

Diabetes

This six-week Chronic Disease Management program covers Healthy Eating and goal setting to manage your diabetes. *Conducted by Watts Health*

Helpful Parenting Tips

This 8-week workshop will teach parents how to help their children succeed in school and in life

Healthy Cooking Classes

Come learn how to cook healthy meals, in this hand on cooking class. Learn about food groups, food labels, and prepare healthy meals on a budget. This is a FREE 6 week workshop.

Fair Housing Rights

Learn you rights and the law when dealing with tenants or property owners. Avoid common mistakes learn myths from facts.

Free Breast Exam & Mammogram

Come and receive this free and important service. Must be over 40 and meet eligibility requirements to participate in the cancer detection program.

L.A. Care

New Member Orientation

L.A. Care members new to our health plan are welcome to attend one of our orientations. Learn how your health plan works.

LAP Read

Lap read is an early education program for children 0-5 years old. Come and have fun reading, singing, and doing arts and crafts together.

Nutrition & Exercise

This class covers identification of essential nutrients from the food pyramid eating a balanced diet, reading food labels and discussion of health risks associated with poor nutrition. *Conducted by Esperanza Housing*

Nutrition & Healthy Eating Habits for the Family

Learn helpful nutrition tips and form healthy eating habits for you and your family. Prevent childhood obesity. Parents come and learn how to make wise healthy food choices for your family.



L.A. Care
HEALTH PLAN®

Pilates in the Hood/Physical Perfection

This class is offer to the entire family from ages 7 and up. It focuses on developing core strength, breathing flowing movement and the benefits of physical fitness.

Salsa Dance Aerobics

This class will give you a cardio vascular workout while having fun. Get fit while dancing to the Latin rhythm.

Self Esteem/Domestic Violence Support Group

This group meeting will offer support for those currently dealing with or those that have dealt with the cycle of violence.

Women Infants & Children (WIC)

A WIC community outreach worker is available at the Family Resource Center to help families enroll into the program. Attend the class to learn about the new changes.

Zumba

This class will give you a cardiovascular workout while having fun. It is a way to get fit and dance away the calories.

Featured Class

Eng.- English Sp.-Spanish