

 December 2010		Fit Families: free physical activity and healthy nutrition program for children 9-17 years old (English/Spanish)- see Fit Families listing			
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9 am-9 pm & Sat 9 am-1 pm	TDD/TTY	FREE	1-800-933-4833
Care1st Health Plan Information Resource Center	5946 Pacific Blvd., Huntington Park 90255		http://www.care1st.com		
	Adult Weight Management 2 sessions	Wed 1/12 & 1/19 5-6:30pm	E	FREE; must RSVP	323-586-1610
		Thu 1/13 & 1/20 5-6:30pm	Sp	FREE; must RSVP	323-586-1610
	Living Healthier and Happier With A Chronic Illness (6 Mondays)	Mon 1/24-3/21 10am-12:30pm no meeting 2/21	E	FREE; must RSVP	323-586-1610
		Tue 1/11-2/15 10am-12:30pm	Sp	FREE; must RSVP	323-586-1610
	Nutrition Class (8 wk session)	call for schedule	E/Sp	FREE; must RSVP	323-586-1610
	Aerobics Exercise Class (ages 14 + with adult supervision)	Wed 12/1-12/22 10-11am	E/Sp	FREE; must RSVP	323-586-1610
Fit Families Program	Hazard Park - 2230 Norfolk Street., LA 90033				
	Fit Families Program- physical activity and healthy nutrition for children 10-17; one parent must attend	Sat 9am-noon	E/Sp	FREE; must RSVP	323-224-5592
Good Samaritan Hospital	1225 Wilshire Blvd., Los Angeles 90017		http://www.goodsam.org/		
	Breastfeeding	Thu 12/9 5:30pm	E	FREE- if delivering here	213-977-2547
	Cancer Program (637 S. Lucas Ave Los Angeles CA 90017)	call for schedule	Sp	FREE- if delivering here	213-977-2547
	Postpartum Class	Tue 12/7 6pm	E/Sp	Charge	213-977-2150
	Heart HELP	call for schedule	E/Sp	FREE	213-977-2150
Pacific Alliance Medical Center	Education Center - 910 N. Hill St., Los Angeles 90012		http://www.pamc.net		
	CPR	Sat 12/4 & 12/18 call for time	Cantonese	FREE	213-437-4203
	CPR	Sat 12/11 call for time	Mandarin	FREE	213-437-4203
Children's Hospital of LA	4650 Sunset Blvd., Los Angeles 90027		http://www.childrenshospitalla.org/		
	Nutrition Counseling (various lang. available through interpreter)	only taking appointments for underweight referrals	All	Charge	323-361-5613

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
CA Hospital Medical Center	1401 S. Grand Ave., LA 90015		http://www.chmcla.org/		
	Diabetes	call for schedule	E/Sp	FREE	213-742-5516
	Breastfeeding	Tue 12/28 10:30am-12:30pm	E	--	213-742-6421
		Thu 12/30 10:30am-12:30pm	Sp	--	213-742-6421
Support Groups	Breastfeeding	Mon 12/13 & 12/27 10:30-11:30am	E	--	213-742-6421
		Mon 12/13 & 12/27 11:30am-12:30pm	Sp	--	213-742-6421
<i>following class held at:</i>	<i>Edison Middle School-6500 Hooper Ave., LA 90001</i>				
	"Living With Diabetes"	Wed 12/1-12/15 9-11am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>CFC-1414 S. Grand Ave., LA 90015</i>				
	"Living With Diabetes"	Tue 12/7 & 12/14 9-11am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>CA Hospital Medical Center-1423 S. Grand Ave., LA 90015</i>				
	"Living With Diabetes"	Tue 12/7 & 12/14 9-11am	E	FREE	213-742-6349
<i>following class held at:</i>	<i>Esperanza School-680 Little Street, LA 90017</i>				
	"Heart HELP"	Mon 12/6-12/29 8-10am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>John Liechty-650 S. Union Ave., LA 90017</i>				
	"Heart HELP"	Wed 12/8-12/17 8:15-10:15am	Sp	FREE	213-742-6349
	Oral Hygiene	Wed 12/1 8:15am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>Logan Elementary School-1711 W. Montana St., LA 90026</i>				
	"Heart HELP"	Tue 12/7 8:15am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>20th Street Elementary School-1353 E. 20th St., LA 90011</i>				
	"Heart HELP"	Fri 12/3 8:30am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>John Adams Middle School-151 W. 30th St., LA 90007</i>				
	Managing Stress	Wed 12/1 8:30am	Sp	FREE	213-742-6349
	Depression	Wed 12/8 8:30am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>LA Academy Middle School-644 E. 56th St., LA 90037</i>				
	Nutrition	Thu 12/2 8:30am	Sp	FREE	213-742-6349
	Healthy Eater	Fri 12/3 8:30am	Sp	FREE	213-742-6349
	Blood Pressure	Thu 12/9 8:30am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>Maple Primary Center School-3601 S. Maple St., LA 90011</i>				
	Home Safety	Tue 12/7 8:30am	Sp	FREE	213-742-6349
	Managing Stress	Tue 12/14 8:30am	Sp	FREE	213-742-6349
<i>following class held at:</i>	<i>Downtown Community Job Center-1815 S. Main St., LA 90015</i>				
	HIV/AIDS	Tue 12/7 11am	Sp	FREE	213-742-6349

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	<i>following class held at:</i>	<i>USC Trojan Child Dev. Center-1664 W. Adams Blvd., LA 90007</i>			
CA Hospital Medical Center cont.	Depression	Thu 12/9 1:30pm	Sp	FREE	213-742-6349
	<i>following class held at:</i>	<i>Thomas Edison Elementary School-6500 Hooper Ave., LA 90001</i>			
	Managing Stress	Fri 12/10 8:30am	Sp	FREE	213-742-6349
	Depression	Tue 12/14 2pm	Sp	FREE	213-742-6349
LA County and USC Medical Center- Women's and Children's Hospital	1200 N. E. Cesar Chavez, Los Angeles 90033				
	Prenatal Class	call for schedule	E/Sp	FREE-only for patients delivering at this hosp.	323-226-3221
White Memorial Medical Center	1720 Cesar Chavez, Los Angeles 90033		http://www.whitememorial.com/content/index.asp		
	Natural Breastfeeding	Tue 12/7 7-8pm	E	FREE	323-265-5066
		Tue 12/28 7-8pm	Sp	FREE	323-265-5066
	Infant CPR & Safety	Wed 12/1 6:30-8:30pm	E	Charge	323-268-5000
	Resolve Through Sharing	Thu 12/2 6-7:30pm	E/Sp	FREE	323-268-5000
	Gestational Diabetes	Thu 12/2-12/30 9:15am-12:15pm	E	FREE with Doctor's Referral	323-307-8921
		Thu 12/2-12/30 10am-1pm	Sp	FREE with Doctor's Referral	323-265-5066
Support Groups	Yoga and Relaxation for Cancer Patients	call for schedule	E/Sp	FREE	323-307-8520
	Breast Cancer Group #1	call for schedule	Sp	FREE	323-260-5768
Love & Faith Christian Center	8505 S. Western Ave., Los Angeles 90047				
	Low-Impact Aerobic Class for youth 6-12 years old	Mon 6:30-7:15 pm	E	FREE	213-321-3579
	Low-Impact Aerobic Class for teens and older	Mon 7:15-8:15pm	E	FREE	213-321-3579
UCLA Medical Center (Health System)	757 Westwood Plaza, LA 90095				
	<i>following class held at:</i>	<i>Fireside Room, First United Methodist Church, 1008 11th St., Santa Monica</i>			
	Food Allergies:The Basics	Wed 12/8 noon-1:30pm	E	FREE	800-516-5323
	The Aging Spine	Tue 12/7 7-8:30pm	E	FREE	800-516-5323
	<i>following class held at:</i>	<i>1821 Wilshire Blvd., Suite 200, Santa Monica</i>			
	Look Good, Feel Better	Mon 12/6 10am-noon	E	FREE	800-227-2345
	<i>following class held at:</i>	<i>Santa Monica-UCLA Medical Center and Orthopaedic Hospital, 1225 15th St., Room 723</i>			
	Polycystic Ovarian Syndrome	Wed 12/8 7-8pm	E	FREE	800-516-5323
	<i>following class held at:</i>	<i>Santa Monica-UCLA Medical Center and Orthopaedic Hospital, 1225 15th St., Conference Room B</i>			
	Vitamin D Deficiency	Fri 12/17 1:30-3pm	E	FREE	800-516-5323
	<i>following class held at:</i>	<i>Sunrise Assisted Living of Santa Monica, 1312 15th St., Santa Monica</i>			
	Health Maintenance	Tue 12/21 2:30-4pm	E	FREE	800-516-5323

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
<i>following class held at:</i>	<i>Belmont Village, 10475 Wilshire Blvd., West LA</i>				
UCLA Medical Center (Health System) cont.	Dental Implants	Fri 12/3 10-11:30am	E	FREE	800-516-5323
<i>following class held at:</i>	<i>WISE & Healthy Aging, First Floor, 1527 4th St., Santa Monica</i>				
	My Legs Hurt - Why?	Thu 12/9 noon-1:30pm	E	FREE	800-516-5323