

December 2010		FREE Asthma (Pediatric) Workshops in English and Spanish: See Long Beach Memorial 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
Long Beach Memorial	2801 Atlantic Blvd., Long Beach 90804		http://www.memorialcare.com/long_beach/about.cfm		
	Nutrition Counseling	by appointment	E	Charge	562-933-0524
	Living with Heart Failure	Tue or Thu 1-3 pm	E	FREE	562-933-3716
	Living with Arthritis	2nd Wed 10-11am	E	Charge	562-933-9090
	<i>Asthma Workshops (held at the following locations)</i>				
	Wilmington Community clinic- 1009 Avalon Blvd., Wilnigton	Wed 12/8 10am-noon	E/Sp	FREE	562-427-4249
	Harbor Free Clinic- 731 S. Beacon St., San Pedro	Tue 12/21 10am-noon	E/Sp	FREE	562-427-4249
	LBACA- 2651 Elm Ave., Suite 100, Long Beach (Must RSVP by Tuesday before each class)	Thu 12/9 & 12/16 4-6pm	E/Sp	FREE	562-427-4249
Support Groups	Beat the Odds in Cancer Treatment	call for more information	Sp	FREE	562-961-0155
	Brain Injury	1st Mon 4-5:30pm	E	FREE	562-933-9043
	Breast Friends	call for more information	E	FREE	562-933-7815
	Adult Bereavement Group	Wed 3-5pm & Thu 6-8pm	E	FREE	562-933-1450
	Cancer Patient	Thu 5-7pm	E	FREE	310-376-3550
	Newly Diagnosed Breast Cancer	Wed 4:30-6 pm	E	FREE	562-933-7845
	Ovarian and Gynecological Cancer	1st & 3rd Tue 4:30-6pm	E	FREE	562-933-0900
	Prostate Cancer	4th Tue 6:30-8pm	E	FREE	562-933-0900
	Adult Insulin Pump	2nd Mon 6:30-8pm	E	FREE	562-933-5070
	Amputee	1st Tue 11am	E	FREE	562-420-2330
	Spinal Cord Injury	2nd Mon 5-6:30 pm	E	FREE	562-933-9043
	Stroke	1st Mon 4-5:30 pm	E	FREE	562-933-9043
Community Hospital of Long Beach	1720 Termino Ave., Long Beach 90804		http://www.chlb.org/index_flash.php		

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Community Hosp. of Long Beach cont.	Diabetes 101 (4 week course)	call for schedule	E	FREE	562-494-0764
	Glucose/Blood Pressure Screening	2nd Wed 10am-1 pm	E	FREE	562-570-0764
Support Groups	Diabetes	1st Thu 5:30-7 pm & 2nd Sat 9-10:30 am	E	FREE	562-494-0764
Miller Family Health Education Center	3820 Cherry Ave., Long Beach 90808		http://www.ci.long-beach.ca.us/health/fhec/default.asp		
	North Long Beach Walking Club-meets at Houghton Park (6301 Myrtle Ave., L.B. 90805)	Every Tue 9-10 am	E/Sp	--	562-570-7910
	Healthy Eating, Active Living Walking Club meets at Starr King Elementary School on Artesia and Long Beach Blvd.	call for more information	E/Sp	Charge	562-570-7900
	DHHS Latino Diabetes Prevention and Management Program (Must Register)	call for schedule	Sp	FREE	562-570-7910
St. Mary Medical Center	1050 Linden Ave., Long Beach 90813		http://www.sc.chw.edu		
	Every Women Counts (40 yrs of age and over)	call for more information	E	FREE	888-4stmary
	Breastfeeding, Lamaze, & Infant care	call for schedule	E	Charge	888-4STMARY
Senior Programs	Fall Prevention	call for more information	E	FREE	888-4STMARY
Support Groups	Low Vision	call for more information	E	FREE	562-941-9275
	HIV/AIDS- Peer Treatment Support Program	1st and 3rd Tue 11am-1pm	E	FREE	562-624-4963
	Crystal Meth Anonymous- 12 Step Meeting- for people with HIV	Wed 2 pm	E	FREE	866-243-7435
Torrance Memorial Medical Center	3330 Lomita Blvd., Torrance 90505		http://torrancememorial.org		
	Breastfeeding	Wed 12/8 & 12/15 6:30-9:30pm	E	Charge	310-517-4702
	Yoga Basics	call for schedule	E	Charge	310-517-4711
	Grandparenting Skills	Sun 12/12 2-4:30pm	E	Charge	310-517-4702
Support Groups	Alcoholics Anonymous	Thu 7pm,Fri and Sat 7:30pm	E	FREE	310-784-4879
	Fibromyalgia	2nd Sat 1-3 pm	E	Charge	310-519-8961
	Diabetes	2nd & 4th Tue 7 pm	E	FREE	310-784-3792
	Stroke	1st Wed 10am	E	FREE	310-517-4667
	Take Heart	1st Wed 6-8 pm	E	FREE	310-517-4737
	Nicotine Anonymous	Call for schedule	E	FREE	310-517-4701
Little Company of Mary Hospital-Torrance	4101 Torrance Blvd., Torrance 90503		http://www.lcmhs.org		
	Infant & Child CPR (Must RSVP)	Wed 12/8 call for time	E	Charge	800-618-6659

Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Little Company of Mary Hospital- Torrance cont.	Heartsaver CPR (Must RSVP)	Sat 12/4 9am-2pm	E	Charge	800-618-6659
Support Groups	Diabetes	2nd & 4th Wed 3:30 - 4:30 pm	E	FREE	310-303-5560
	Ostomy	call for more information	E	FREE	310-378-5331
	Osteoporosis	call for schedule	E	FREE	310-325-7048
Little Company of Mary- San Pedro	1300 W. 7th St., San Pedro 90732		http://www.lcmhs.org		
Support Groups	Parkinson's	call for schedule	E	FREE	310-832-3311 x6382
	Diabetes	1st & 3rd Wed 3:30-5 pm	E	FREE	310-241-4065
	<i>The Breast Center- Conference Rm- 514 N. Prospect Ave., Redondo Beach</i>				
Support Groups	Cardiac	call for schedules	E	FREE	310-937-1970
Harbor-UCLA Medical Center	1000 W. Carson St., Torrance 90502		http://www.harbor-ucla.org		
	Diabetes Education	call for schedule	E/Sp	FREE	310-222-3686
Beach Cities Health District	514 N. Prospect Ave, 3rd Floor, Redondo Beach 90277		http://www.bchd.org		
	Breastfeeding	by appointment	E	FREE	310-374-3426x183
	CPR and First Aid	call for schedule	E	Charge	310-374-3426x147
	Prenatal Yoga	call for schedule	E	Charge	310-374-3426x147
	Feldenkrais: Align the Spine (5-week)	call for schedule	E	Charge	310-374-3426 x147
	Arthritis Foundation Exercise (12-week)	call for schedule	E	Charge	310-374-3426 x147
Senior Programs	Yoga	call for schedule	E	Charge	310-374-3426 x147
	Fall Prevention	call for schedule	E	FREE	310-374-3426x147
Support Groups	Older Adults	call for schedule	E	FREE	310-374-3426x149
	Women Only 50+	call for schedule	E	FREE	310-374-3426x149
	Men Only 50+	call for schedule	E	FREE	310-374-3426x149
	Caregiver	call for schedule	E	FREE	310-374-3426x149
	Adaptive Mobility	call for schedule	E	FREE	310-318-0650
	The Gathering Place (Bereavement)	call for schedule	E	FREE	310-374-6323
	Breastfeeding for Employed Mothers	call for schedule	E	FREE	310-374-3426 x183
	Eating Disorders	call for schedule	E	FREE	310-374-3426 x177